The Destiny of the Soul
What Dreams, Lucid Dreams and Out-of-Body Sojourns Tell Us About What to Expect

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Our Destiny

• “The proper order of things is often a mystery to me. You, too?”

• Let us explore our destiny now and beyond this world.

The Chesire Cat
2 Threads Run Through It All

• I introduce this idea to my psychotherapy students.

• The two threads run through religion, medicine, politics—everything.
2 Threads Run Through It All

• We are exalted by nature.

• We are fallen by nature.

The Chesire Cat
Orthodoxy (Correct Belief)

- Christianity was the only religion in the ancient world based on correct belief.

- Vicarious atonement and salvation by Christ was the centerpiece.
Orthodoxy (Correct Belief)

- You need help! You are ontologically distinct from God—not good by nature.
- Jesus died for your sins.
- You are promised an afterlife only if you accept salvation.
Orthodoxy (Correct Belief)

• We are told that God alone knows why bad things happen to good people.

• “Everything happens for a reason and other lies I have loved.” — Kate Bowler

• Suffering is the great theological mystery.
The Pelagian Heresy

- Pelagius opposed the doctrine of original sin; emphasized free will.
- He was asked to bless the marriage of the king’s daughter. In his blessing, he advised her to look within her own heart for the goodness there.
- Augustine bribed Pope Innocent to have Pelagianism declared heretical.
The Judeo-Christian tradition is theistic, and regards humans as ontologically (by nature) separate from God.

Separation from God is a fact due to our fallen nature.
East-West Contrasts

- Buddhism and Hinduism can be regarded as non-theistic, psychological systems in which the gods/buddhas are symbolic of our own natures.

- Separation from God is an illusion and can be overcome. God is our nature!

- The guru is an embodiment and symbol of our own potentials.
Edgar Cayce & New Age

- We are divinely created, good by nature.
- We are destined to be one with God.
Edgar Cayce’s Unique Synthesis

- Reincarnation permits a process of development toward eventual union.
- **Karma** governs our incarnational life, but grace (intervention) is acknowledged, as well.
- EC preserved a unique dual role for Jesus Christ as **example** of what we could become, and master/savior at the same time.
The Initiation of the 6th Chakra

- The chakra system has been described as the way of ascent through the various levels of consciousness.

- Each level has its own developmental requirements for resolution and mastery.
The sixth chakra features a particularly significant initiation, in which we encounter the embodiment of God.

What will you do with this man, Jesus? (Cayce)
The Initiation of the 6th Chakra

• Having a relationship with a personal embodiment of the divine is the key to the final initiation.
• Without the personal support of a teacher/guru/master, one easily gets lost.
• It guards against inflation, too.
The Initiation of the 6th Chakra

- Cayce—upholds the unique role of Jesus, as “wayshower,” “elder brother,” but also as “redeemer.”
- Jung—A savior is necessary when personal and collective evil is a practical reality.
- Wilber—Unless we submit to a relationship with the Master, we cannot fulfill the final initiation.
The Initiation of the 6th Chakra

- We know that souls encounter a being of light in the NDE, often personalized.
- Having a relationship with a personal master/guru during our lives insures that the encounter at death is a homecoming bereft of fear.
The Initiation of the 6th Chakra

- Calyces’ kundalini readings support the idea of knowing what we are surrendering to.

- The Tibetan Book of the Dead suggests that we tend to avoid the overwhelming nature of the Light.
The Initiation of the 6th Chakra

- Having a mediator in place in your spiritual life increases the chance that you will not fear in the moment of death and surrender.
The Initiation of the 6th Chakra

• If you have avoided this relationship, you may find yourself arrested on the threshold of fulfillment..

• A genuine teacher never fosters dependency.
  “Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these.”
The Initiation of the 6th Chakra

- Even if you embrace a guru/master, his/her presence may not always be available or useful.
- Jesus hugged me goodbye 15 years ago.
- Mother Teresa and her sense of isolation
- There may come a time when you have to stand on your own. Maybe now? :-)

The Initiation of the 6th Chakra
The Initiation of the 6th Chakra

• Let’s take a few minutes to share the status of our relationship to a personal embodiment of God.

• How has this relationship fostered your own development in your spiritual journey?

• If it’s been absent in your life, is it meaningful to be on your own now, or do you still need to foster this relationship?
The Afterlife

• The main source of information about the afterlife in recent times has been the near-death experience.

• George Ritchie’s *Return from Tomorrow*

• Raymond Moody *Life after Life*

• Ebon Alexander’s *Proof of Heaven*
The Afterlife

• An NDE is not about dying, it’s about complete letting go.
• The same reality can be experienced in non-life threatening states.
The Afterlife

- Why don’t we see that?
  - We want to believe that the NDE is evidence of a life beyond death.
  - We are ignorant of what we can do now to experience that same reality.
Cayce’s Bold Assertion

- So, where are we going?
- We are destined to become one with God, without losing a sense of ourselves.
- Christs to other worlds.
When Mark and I began our early am meditations, I began to hear a sound, and feel a vibration.

I had many experiences then, but ultimately I had too many personal/developmental issues to work through.

I was not ready! The dark night had to come first.
About five years ago, my explorations of realms beyond the body began again.

This is the first time I have spoken of them.

I believe that you will find that my experiences align with contemporary sources, but extend our understanding of what we all can expect.
The first experience happened when I was sleeping overnight on the Laguna Madre on my boat.

I felt and heard the familiar vibration.

Suddenly, I was on a boat in another world, fully conscious with a group of men.
Advanced Protocol

- I returned to the early meditation method, and modified it.
- I began to experience the sound and energy that I had experienced in my 20s.
- I found I could roll out of my body once the sound was present.
- Now I can do it almost any time I want!
I fly into darkness, meditating as I go.

Sometimes I feel someone take my hands, and then see a guide when the darkness dissipates.

The daimon or companion who loves me.

I emerge into brightly lit worlds or domains.
I am greeted by people who often orient me to their world.

- Sometimes a parallel domain, it seems
- Sometimes another planet, it seems
Examples

- They are universally loving and accepting of my presence, and they usually know that I am from another domain.
- When I asked them why they appear human, they say it’s because that’s how my mind renders them.
- I have been told that the humanoid form is common in the universe.
- They invite me to return; sometimes they stand in line to say farewell.
Examples

- Some have resolved the threat of war and self-destruction.
- I was told a particular race had solved the problem of interstellar travel (beyond the speed of light).
- One man said that his group would be coming soon to “the beautiful but dirty” planet.
Examples

- The star woman reappears by my bed.
- Meeting with a mother and daughter on a place where the sun never shines, 52 moons from earth (4 light years), with 3 suns!
- Several experiences of being greeted by a small group from another star system.
- More recently, communion with gurus
A Model for Understanding

- You have seen the model first introduced by Herb Puryear and Mark in *Meditation and the Mind of Man*.
- It has been used extensively in ARE courses.
- It is closely related to…

![Diagram showing a model with 'Superconscious' and 'Conscious' labels connected by an arrow symbolizing integration between them.](image)
The Doctrine of the Five Sheaths

- There are five levels of consciousness, extending "outward" or "downward" from the highest level.

Embodied souls

Disembodied soul

Illusion of separateness
The Doctrine of the Five Sheaths

- Disembodied soul
  - 1-physical incarnation
  - 2-subconscious mind
  - 3-astral level
  - 4-level of gods and gurus
  - 5-level of light and oneness

- Embodied soul
- Illusion of separateness
The Doctrine of the Five Sheaths

- The outermost level (red) is the level of physical incarnation.

- Illusion of separateness
- Embodied soul
- Disembodied soul
The Doctrine of the Five Sheaths

- Disembodied soul
  - The orange is the subconscious
  - The nonphysical levels are available beyond the body.
  - We “exist” there whether we are aware of it, or not.

- Embodied soul
  - Illusion of separateness
The Doctrine of the Five Sheaths

Disembodied soul

Illusion of separateness

Who are they and where are they? A very complex answer.

Embodied soul
The Doctrine of the Five Sheaths

- Disembodied soul
  - Associated with planetary domains, but not necessarily incarnate in those realms.
- Embodied soul
  - Habitable earlier, perhaps not now
- Illusion of separateness
  - Associated with planetary domains, but not necessarily incarnate in those realms.
My Intention

- I endeavor to commune with the light.
- I affirm that I will be drawn to the highest reality.
- I affirm that I will be a channel of love.
The Process

- I keep flying through darkness separating domains until I reach more subtle and beautiful domains.
- At first, ordinary realms where people live and work. I may visit, then keep going...
The Process

- To higher realms, such as “The Garden” where the sky opens to dazzling displays of light, and on...
- To places where masters dwell and welcome you…as the one you seek.
Ebon Alexander’s Heaven

- I believe my experiences are not unlike Ebon Alexander’s NDE in which he:
  - was guided by a woman or orb of light
  - taken to a place at the center of everything, which he called the “Core.”
The Differences

- But it’s probably true that an OOBE is more distorted than an NDE.
- The body is a reducing filter, so when it’s temporarily deceased, there is less distortion.
- The OOBE is a close approximation of the after-death state, especially if we are engaged in “purifying the filters” and permitting undistorted perception.
The Differences

- When I am not attuned, the experiences are unremarkable and dull.
- We perceive only what the quality of our “reducing filter” will allow us to see.
- It is important to meditate and set ideals so when the moment comes...the doors of perceptions are cleansed, and you are ready.
Let’s break into pairs again, and share what may stand in the way of your access to these realms.

- Is it fear of death?
- Disinterest?
- A belief that you can’t do it?
- Or something else?
You have been awakened! and called!
You are an initiate if you practice and focus on your responses to karma, on being the change you wish to see in the world.
You can explore realms beyond the body before death.
You are destined to enjoy luminous realms full of beings who will welcome you as one of them.
Promises

• You have been awakened! and called!
• Your evolution depends on resolving the karmic responses that impede you
• You become an initiate as you practice on being the change you wish to see in the world, and in your dreams.
Conclusion

• The resolution karma frees you increasingly to explore beyond the body.
• You can be a channel to others during such experiences.
• You are destined to enjoy luminous realms full of beings who will welcome you as one of them.
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