



Interregnum

A journey from death to rebirth

Prologue

Occasionally, you see the following statement in books and magazines: "The one thing we can't know anything about is death; no one has ever come back to tell the tale." But is this really true? Isn't history actually abundant in stories about common and extraordinary individuals who, in a very concrete manner died but, on a direct appeal from souls on the 'other side,' turned back to testify about a life after this? The latter option is, in my opinion, much more common.

In my former workplace, there was a hospital chaplain that sometimes held lectures for the personnel. On one occasion, the topic was about end-of-life care. One phrase in particular stuck out: "Death is a state." It was a peculiar statement, and I didn't understand it at the time. Many years later the words came back to me, and now the thought of 'rebirth' was part of the equation. This is when I made a decision: I would do a mind trip, a journey in the intermediate state between death and rebirth. And thus it was!

Another reality

At the age of about 26, I became very ill. During a long and challenging time, I could hardly eat anything at all, even regular water became an issue. Needless to say, my life crumbled to pieces. I couldn't bear anything, my former interests became impossible, all friends disappeared and I slipped into a shadow existence. Everything related to a life was lost, with one exception; I didn't die but lingered in the physical world like a faded apparition of flesh and blood.

But during this nightmarish existence, something else happened. Since my connection to the physical world was very limited, a doorway opened up to the spiritual world. All this took place gradually and in the course of several years. The insight that slowly came to me was not of an intellectual kind, it was knowledge of the heart, a pure and intuitive wisdom. I saw man in a cosmic perspective, I saw the entire divine plan of life and death. Was it the hallucinations of a fading body? Perhaps, but I would still like to describe at least a fragment of what I saw.

The nature of the soul

The soul is not material in nature. The soul is pure consciousness, the imperishable entity. The soul is the one property no one can take away from us. All shapes and forms is related to something created but this doesn't apply to the soul, it is beyond all creation and destruction. The soul has a fundamental characteristic; contemplation. The soul is: "The one who observes".

Although the soul is not material, you may still sense its appearance in the physical world. The soul may be perceived as a small 'void' (a tiny black hole), located at the center of man and at the center of all beings. Incidentally, all beings are soulful creatures, whether they are material or organic. The only thing that separates these beings is the nature or "expression" of consciousness.

The core of the soul (the black hole) emanate concentric waves. These are longitudinal waves traveling multiple times faster than light. The waves are connected to the law of nature we call gravitation. The universe is permeated by these waves in all directions. At a certain distance from the core of the soul, the waves will fade out in the general noise of waves from the cosmos. This distance defines, determines the limit of, what is called the "aura of the soul".

The nature of the body

The body is like the tool of the soul in external and internal existence. The soul, in turn, exists beyond all creation. You can compare the body to a video camera. The lens (eye) captures the light. The light is converted into electrical signals (brain impulses) and the electrical signals are finally stored in the camera's magnetic tape (memory). But the video camera itself only receives the signals, it is the cameraman (soul) who observes the progress.

Now, unfortunately, it gets complicated. It turns out that the body can actually be divided into seven bodies of different material density. Each of these is associated with a sensory function. As if this were not enough, we must add seven bodies that have to do with the psyche, that is, the realm of thought. The psychic world is concrete, it is perfectly real but is made up of "thought forms", matter that obeys completely different laws of nature.

The sensory body

The sensory body is a name for the seven physical bodies together. Since these bodies are designated by many different names in esotericism, I have decided to choose completely independent names.

The density body	The heaviest of the human physical bodies which is made up of electrons, protons and neutrons. The sense function has to do with <i>taste</i> .
The neurology body	This body consists of neutrinos (small particles that are considered neutral but which in practice has a small charge). For example, the electron is surrounded by two neutrinos that are in different "energy shells". The mind function for this body is related to <i>tactility</i> (touch).
The visual body	The third physical body is made up of light particles (photons) that settle in rosette-shaped orbits around charged particles. The photons always face the same side (pole) towards the charged particle. The sense function that has to do with this body is <i>sight</i> .
The atomic body	The first of man's spiritual bodies. The atomic body consists of free 'units of voids' (nolites and nilites) which in vacuum form thin shells around charged particles. These shells (etheric matter) can exist independently of the original particle! The sense function of the atomic body is <i>smell</i> .
The plasma body	A spiritual body consisting of electric and magnetic fields. The magnetic fields are an effect of charged, spinning, particles in motion. The sense function associated with this body is hearing.

The tonal body A spiritual body consisting of "G-waves," standing gravitational waves. Waves, of the same kind that radiate from the core of the soul, interfere when they meet particles and settle into shell formations (wave patterns) around matter. This energy is in itself conscious. The sense function is *balance/orientation*.

The memory body The seventh body is completely immaterial and formless but still counts among the sensory-conditioned bodies. This body shines but not with physical light but light of a completely different, elevated nature. The function of the body is associated with man's objective memory of his worldly life path. You must also understand this body as connected with the heaviest physical body, the density body.

The sensory-soul and the thought-soul

To obtain a full understanding of the world of thought, we must first go deeper into the realm of the soul. You can say that the soul sends out waves (contemplation) from its center, its core. Then the waves reflected from the body's sense centers (sensation) are recorded. It now turns out to be two different but cooperating souls that exist in parallel, they overlap. The sensory-soul sends out energy, the thought-soul receives. Both soul entities are conscious but one soul is verbal and logical, the other is wordless and intuitive in nature.

The thought-soul is the soul that records the information reflected from the body's various sense centers. Unlike the sensory-soul, the thought-soul is deeply involved in an assessment of how different impressions are experienced, whether something is good or bad, pleasant or unpleasant. The sensory-soul, on the other hand, is the bearer of our identity, what we perceive as the "self". The sensory-soul is constantly filled with an inner dialogue: "Should I do this or that". The thought-soul does not speak, but its measure seems to be: "This is how we usually do it" (routine-based). The thought-soul is identical with what is called our conscience.

The thought-body

The thought-body is the collective name for the seven psychic bodies. Psychic bodies consist of thought matter. This matter becomes visible when the sensory-soul emits waves in the 'other direction' (inwards) than normally occurs in the waking state. What happens is that the radiance of the sensory-soul withdraws (such as when falling asleep, for example). The sensory-soul then no longer has access to signals from the body's soul-centers and consciousness ceases temporarily.

The soul radiance is activated again, but this time it is the psychic bodies of the thought-soul that are in focus. These are experienced as one body (the body we have in the dream world) just as we experience our physical body as one and undivided. In the world of thought, the physical sense functions of the bodies are matched by various psychic functions. Here, too, I have chosen to use established esoteric terms as little as possible.

The craving body This psychic body carries all our ideas about food and drink. The desire body includes all our knowledge of what is worthy or unworthy to consume. The negative thought patterns gathered here deal with specific bad or harmful habits in the food sector, for example the two extremes of gluttony and self-starvation.

The passion body In the passion body we find all our thoughts and experiences in the area of sexuality. Here are our inclinations, desires and fantasies, usually concerning the opposite sex. Examples of negative thought patterns here could be the use of sexuality as a drug, but it could just as well be about repressed sexual needs.

The rationality body	This sublime mind body carries the experiences we have gathered in the intellectual realm. Here is everything we know in science, language and mathematics. Here we learn to distinguish between good and bad, usefulness and uselessness. The negative thought patterns usually revolve around the concepts of egoism, greed and power perfection. The knowledge here is of an elementary nature.
The cultural body	In this body, all our knowledge and experiences that have to do with art and culture are collected. This is where our imagination and our creative power can be found. Much is about learning to control the thought matter in order to translate one's inner visions into concrete forms of expression. The wisdom of the cultural body also supports various methods of developing and utilizing nature's resources.
The emotional body	The emotional body is the psychic body that includes our entire emotional life. This is a hotbed of conflicting emotions such as hope and despair, hate and love, joy and sadness. Finding a balance between extremes is important for optimal well-being and good function.
The emphatic body	This sublime body contains our ability to live in and to practice unconditional love. Here we find all our ability to help and support our fellow humans and all other beings. The body collects the knowledge we have about the inherent dynamics of nature. The law of cause and effect.
The visionary body	The seventh body is completely immaterial but still belongs to the thought-controlled bodies. This body is formless but can assume a form at the command of the will. Here are all the memories we have stored up regarding the world of thought (more specifically the subjective and introspective life path). The visionary body should be seen as connected to the heaviest psychic body. This is because a feedback takes place here that deals with planning and dreams for future periods of life.

Where is the thought world?

The thought world is completely subjective; it does not have an actual location (in time and space). There are, however, connections between the thought bodies and their counterparts in the sensory body. The first three thought bodies relate to the heavier sensory bodies. Likewise, thought body 4-6 relates to the lighter sensory bodies. To sum up; thought bodies are real but solely occupy the psychic space, or the 'dream world.'

The thought world becomes tangible the moment the thought-soul perceives its own psychic bodies. But there is also another possibility and that is that the thought-soul perceives the psychic bodies of other beings. We can call these two options our private thought world (dream world) and the collective thought world. For us, the latter is about the planet Earth and its thought world.

The natural laws of the thought world

The thought world is often a copy of the sensory world, but in this psychic realm there are completely different laws of nature than those we are used to. We experience them in our dreams but when we wake up we forget most of the sequence of events. We also have a tendency to dismiss dreams as nonsense because we are constantly comparing them to the rational physical world.

By looking more systematically at the thought world and how it works, you can discern a number of conditions that are very clearly different from our experiences in the sensory world. Let us first examine the collective thought world (the psychic sphere of the Earth), we can then compare different individuals and see how they interact.

Coordination	In the collective thought world, no objective sequence of events exists. Instead, the scene is characterized by many subjective (parallel) processes. These are coordinated and do not counteract each other.
Centering	The individual in the collective thought world is not just a part of an event, but experiences himself as the center of the entire event.
Time variability	The experience of time is completely subjective, there is no permanent matter on which to base an objective time calculation. However, there is a synchronization in the relationship between the thought world and the sensory world. A dreaming person often finds himself getting on a bus, boat or perhaps a plane at the exact moment it is time to wake up.
Thought power	The matter of the collective thought world takes shape according to the individual's inner images. Objects are manifested out of nothingness through thought power. A person who is in this sphere may have an inner dialogue with himself: "Hmm, what if it rains." The next moment, of course, the rain pours down.
Location change	A person can instantly change their place of residence. This happens by the person changing their "focusing" (point of view). The person may say to himself: "I wish I was at Aunt Martha's". He doesn't have time to think the thought through until he sees the gate to her house.
Communication	An actual "ether-borne communication" (speech) does not take place in the thought world. The exchange of information comes about through "verbal telepathy". People perceive other people's messages as spoken sentences.
Compatibility	In our familiar physical world (especially when it comes to relationships) it is an undeniable fact that opposites attract. In the collective thought world, it is the other way around; like attracts like. This can concretely result in entire villages or cities where all people are on a similar cultural and intellectual level.

In the vicinity of death

Outside the body

Some people experience what is called sleep paralysis, they wake up during the night completely stiff in the body and cannot move. This state, which can be terrifying, is a preliminary stage in the experience of being outside one's physical body. My experience of the phenomenon (it has happened on several occasions) is that it is completely harmless. The strong fear you may still feel (when the soul is about to leave the body) is probably a bodily protection mechanism. It is said that shamans can control this state completely unhindered and travel in the physical or psychic world to obtain information or cure a particular ailment.

A similar phenomenon is waking up (becoming fully aware) even though you are dreaming. On these occasions, one may experience that one possesses different psychic bodies with different characteristics. One body corresponds to the physical body, another one flies unimpeded among known and unknown dreamscapes. If anybody wants to visit the collective thought world, one must first become conscious in the dream. Often one is inside a house (a symbolic image of one's own body). You then resolutely throw yourself through a window in the house*, or seek out a balcony on the upper floor. The passage through the window may offer some resistance, but if you succeed, you are "out".

* By all means, do not try this if you have difficulty distinguishing the reality of the dream from waking reality!

The dark tunnel

Having an out-of-body experience (OBE) does not necessarily mean that you are going to die, but it is the same phenomenon that occurs in both cases. Many people describe how they travel through a dark tunnel when leaving the body. You can sometimes get a picture of the entrance to the tunnel which appears as a roaring vortex formation. Sometimes booming or ringing sounds are heard and some people also hear voices during this phase.

The tunnel formation itself has to do with the awareness of the soul. In humans, the soul's "attachment point" is in the head (the pineal gland), you can say that the soul's core "lands" there. When the radiation (soul aura) is activated, however, the soul core moves. This is because the soul aura swells and conforms to the physical body. In doing so, the soul core will move down towards the center of the body (solar plexus) and take its residence there.

Now we can understand the tunnel experience. During an OBE, the soul aura begins to withdraw and shrink. The soul core (the small black hole) then moves up towards the attachment point in the head. During the short time that the soul aura withdraws, the soul receives no information from either its physical or psychic bodies. The soul can then see "outside itself" and the result is a sometimes lightning-fast "tunnel journey" from the solar plexus to the exit point in the head.

The attendant

Now, without fear, let us look at what actually happens when a person dies. The easiest way is to follow an old person who quietly falls asleep when her time is up. She may experience that the body is gradually paralyzed from the feet up. She hears noises and roars and sees herself traveling through a dark tunnel. It occurs almost like a clicking sound inside her head and the next moment she is out of her physical body. She can see herself from above, or alternatively she stands next to the bed and looks at her "sleeping" body.

In some cases, the tunnel experience can lead directly to an inviting white light to which she feels instinctively drawn. The light dawns as a microscopic point of radiance which quickly grows and soon envelops her completely. She is now outside the world, she is in the seventh sphere which she experiences through her memory body. Here she meets an exalted being, a formless ethereal being of light.

This being is the '*attendant*', the manifestation of her higher self. The attendant is the twin soul who shares her life path but with a completely different starting point. While the dying individual sees her life from a NOW perspective, the attendant experiences the same life but simultaneously. The attendant sees the past and the future at the same time. It is another dimension of life, different but just as real.

In a superior position, the attendant has a recurring task. He (or she) must be at hand in those situations when the subordinate soul changes position between different planes of existence. The subordinate soul, who is not yet finally separated from her physical body, now has a question put to her. The question is not formulated in words, but the meaning is crystal clear: "Are you prepared to die?"

The flashback (the first)

The question the attendant asks is not a polite phrase. The soul is still connected to the sensory body through the thin silver thread. The process can be interrupted or postponed if there are things that need to be cleared up first. But otherwise, if no obstacles remain, the attendant can proceed with the retrospect. This is when man sees his whole life in flash lighting. Most people are probably familiar with the expression: "I watched my whole life pass by". The flashback is simultaneous, instantaneous. The attendant can, however, focus on important stages in life.

What happens is that the dying soul comes into direct contact with the contents of her memory body. She sees her life in an immediate vision and what emerges is the actual, objective path of life, not her personal experience of the course of events. Looking back can be a painful experience. Not only do you get to relive events in your life, you also get to tangibly experience how your fellow human beings felt in different situations. If, for example, you spoke badly about a person, you get to directly experience how that deed was experienced by the person at the time. A completed and accomplished retrospective means that the soul is free to leave her *'density body.'*

Personal farewell

The old individual who is completely done with life and who has made up with her past will surely take the straight path to the white light without looking back. But even if she is ready to leave the world, she may want to say a final goodbye to her loved ones. She then chooses to temporarily leave the white light and instead seek out those closest to her in the physical world.

None of her friends (except maybe some psychic person) will see or hear her when she appears. However, they may feel a wave of warmth when they receive an invisible hug or perhaps a kiss on the cheek. They may wonder about the experience only to later be struck with grief or loss when an unexpected message arrives that their old friend has now fallen asleep for good. A completed separation means that the individual is free to leave the physical *'neurology body.'*

Material ties

Not infrequently, the dying individual has strong ties to material property. This may include large financial assets; capital, real estate, arable land, livestock, vehicle fleets, even servants. But none of this is accepted on the 'other side', everything has to be left behind. A successful process of renouncing material expressions means in this case that the individual is free to let go of his physical *'visual body,'* a big step on the way!

The border

When the flashback has come to an end, a new phase in the death process begins. Now it is no longer about looking back, but about looking forward. The attendant now shows another part of the life path, more specifically the one that describes the soul's intended spiritual existence. In a vision she now sees a heavenly abode and the people who reside there. This vision is a highlight, it is full of pleasure and very appealing. The individual recognizes people she has met before. They wave at her and invite her to come over to where they are.

The dying individual at this stage has been given very clear instructions by the attendant. They were never put into words but could go something like this: "When you reach the border you will separate from your physical body. You will lose consciousness for a time but when you wake up you will see the white light again. Go to that light, do not look to other lights." What the attendant means by the 'border' is a dividing line where the *silver thread* is cut and the connection with the three densest physical bodies is permanently severed.

The border or dividing line can appear in very different ways depending on what the human imagination looks like. For example, it could be a meadow with a fence in the middle or it could be a ravine crossed by a bridge. The individual herself must cross the dividing line, but if she is afraid, the companion is by her side. With the passage of the dividing line, the individual has passed the first death, which stands for separation from the physical world.

Complications (in the first death)

Before we approach the events of the second death (the release from the three psychic bodies) we should review some complications which may, under certain circumstances, arise during physical death.

A quick death

Death is not always a quiet and thoughtful process, it happens that people are taken away from life in an instant. In such circumstances, perhaps in a car accident, the affected person immediately falls into unconsciousness. She wakes up after a few minutes and sees that she is still at the scene of the accident. But things are not quite as they usually are. Her body has something transparent about it and when she touches objects her hand goes straight through as if it were made of air. To top it all off, no one in the scene either sees or hears her as she tries to get attention.

Strange events like this probably make most people realize that they are no longer in life. The sight of the mangled car and their own body lying lifeless provides the definitive proof. This can be a time when the individual panics because she can no longer re-enter her physical body. But there is nothing to worry about, because now suddenly a character appears who both sees and hears her. Maybe he even presents himself as her guardian angel because that's exactly what he is. He could not prevent death, because it was contained in her life path, but he can now help her move forward by affirming the white light.

About guardian angels

All people have guardian angels, they are with us from the day we are born. Some people have more than one guardian angel, but it is always one of them who is in a leading position. These angels can be said to be ordinary people who have reached a higher level of development than most of us here on earth. In a physical sense, they are beings of "standing G-waves" (see the tonal body) and they reside in a spiritual realm that is imbued with great empathy and love.

Many people are fully aware of their guardian angels and even know them by name. For example, some children have invisible playmates during a period of their lives. The guardian angels can be helpful in several areas, but they are careful about privacy. They do not intervene in a person's life if it is not in full accordance with what the person himself wants. However, they immediately spring into action when a person needs to realize that they have just died.

Denial

It is a particularly sad event when a person refuses to accept that he is no longer alive. A typical example of this is the faithful sentry who, in the final stages of the war, is hit by an expired grenade and dies. He wakes up again and regains his post, even though he doesn't feel the same as before and even though the matter behaves strangely. He may be thinking: "The enemy has bombarded me with nerve gas which affects my senses". An individual appears in the post who knows him by name and also claims that he just died from a grenade. The sentry does not believe this for a moment, he hardens and thinks: "The enemy are very cunning, now they have sent a spy who wants to make me surrender".

Another example of denial is a rich person who, throughout his life, has accumulated a large amount of personal possessions and has also raised large-scale buildings and gardens. Suddenly the rich man dies but he cannot accept the fact, he refuses to give up everything he fought so hard to win. No longer in his physical body but present in subtle form, he makes life miserable for any intruder who tries to live in his house or use his possessions. Or, a man so obsessed with the love of another that he goes against death itself. He dies but does not want to leave his spouse under any circumstances. Deaf to all warnings, he stays by his living spouse and tries to protect her from all dangers.

The purification process (in the first death)

It is in no way intended that man, or any other being, should live permanently in a state that is neither life nor death. Therefore, there is an eternal and universal plan of action aimed at converting lost souls. Repentance takes the form of a purification process where the lost soul, through hallucinations or dreams, is made to leave its place of residence and urgently seek liberation in the white light.

Let's follow a man who, against better judgment, escapes the white light and is drawn to the physical world. Wearing his "phantom body" (neurology body + visual body), he seeks out his accustomed habitat in a vain attempt to continue life as if nothing had happened. The heaviest body (the density body) he cannot return to, it is either in a coma or it no longer exists. In this situation, he takes no notice of guardian angels who want to be helpful.

Now six visions/hallucinations appear in turn for the lost person. They manifest at night over the course of six days. The initial visions are only to be regarded as unpleasant but towards the end of the six days they become increasingly demonic to end in a veritable inferno. The dreams connect to the accumulated impressions in the heaviest physical bodies of man; the density body, the neurology body and the visual body.

Of course, no human being has to endure this nightmare existence from beginning to end. At the same moment the distressed person asks for help, he is immediately brought up to the plane of light and can begin the retrospection and liberation from the physical bodies. But there are people who are so helplessly locked in their illusions that not even the worst imaginable torments can make them repent. In these cases, they again meet their attendant, now in the role of judge.

The earthbound and the path to liberation

As the seventh and final step in the purification process, the attendant appears as judge, often in a terrifying and awe-inspiring form. The lost person now has one last chance to repent, otherwise he is condemned to stay on the physical plane as a ghost. This is not an enviable existence given the limitations of the phantom body. Should he fall for the sentence, only one thing remains, he must search within himself to try in every way to find out the cause of his difficult situation.

In particularly severe cases, the ghost's stay on the physical plane can take a very long time. A human in a phantom body cannot be reborn directly into the physical world, the path to rebirth always goes through spiritual realms. The earthbound is often not receptive to outside guidance. The only thing left, is to let time and circumstances work until the person in question finally realizes his hopeless situation, and asks for help. The risk is non-existent that a person will remain for too long as a ghost. The way to the light plane is always open.

Across the river

Let us remember again that very rarely any purification processes need take place in the first death. The majority of all people join the white light directly without any major deviations. So what happens now, when the first death is happy and well over and man has freed himself from his physical bodies? Let us move on, for the journey to the spiritual worlds is not yet finished.

The two lights

An individual who has crossed the border and thus separated from her physical form falls into unconsciousness for a short time. The attendant has prepared her for this, but waking up in another reality can still be confusing. When we sleep we dream and when we die from the physical body we also end up in the world of dreams. But the dream world and the lower spheres of the collective thought world are not our destination, we must go on to the spiritual world.

The individual at this stage is still in a transitional phase. As she let go of three of her physical bodies, she must now also let go of three of her psychic bodies. This is a process that the person must actively participate in and the way there is via the attendant and the white light. Upon awakening, the person sees the white light but also another, more dim light. The latter is familiar because it represents the earthly life, this time however in thought form.

Greek mythology tells of the river Styx that people had to cross after death to get to Hades, the realm of the dead. The river was guarded by a ferryman named Charon. In symbolism, even the passage of a river is traditionally associated with obstacles and danger. It becomes clear here that the dangerous river is in fact the earth-bound world of thoughts with its odd natural laws, illusory forms and subjective processes.

People are constantly in different stages and phases of development. A person who is full of life or "wise in years" has no difficulty in renouncing the attraction of the earthly energies and immediately seeking out the white light. It can be more difficult for a person who died quite young, or who, in a cosmic perspective, is a young soul in the human realm. The pull to the "earthly" existence becomes irresistible and the person chooses to go towards the dim light.

Purgatory

Coming directly from the physical earthly life and being thrown into the world of personal or collective thoughts in some cases involves problems. In addition to the obvious differences we described in the paragraph "natural laws of the thought world", there are also differences in terms of attitudes between people. While earthly existence is individual and competitive, the collective thought world is based more on cooperation and compassion.

A person who thus tries to apply the rules of the physical world to the thought world is sooner or later exposed to adversity. If he tries to make a career, individuals will soon appear who are at least as suggested as him. His own mind misleads him because psychic matter is immediately shaped at the command of thought. The mere fear that his business will not prosper causes the shares to plummet on the stock market.

In general, any activity based on the desire for power and riches creates a downward spiral of adversity and unhappiness in the inner world. Hence the name "purgatory", a kind of hell based on a state of mind that does not harmonize with the prevailing energies of the thought world. But it is a hell with a purpose and that purpose is to adapt the individual to a decidedly more pleasant existence in the spiritual life.

An individual is never left out or isolated in the lower spheres of the thought world. Should he become entangled in her imagination or get lost in a self-created scenario, he only needs to ask for help. Guardian angels are constantly in the background and are always ready to intervene. Once the person is ready to move on, the guardian angels can lift him out of purgatory and the journey now goes as before towards the attendant and the white light.

Where the road branches

The post-physical life can be roughly divided into two areas of life. These appear as subtle spheres where man resides after death. The three heaviest bodies in the psychic makeup of the Earth form what is called the underworld. The lighter sensuous (spiritual) bodies make up the kingdom of heaven. As is clear from the name the underworld, the heavier psychic bodies are attached to the area below the earth's surface, the kingdom of heaven is a thin physical area in the atmosphere.

The stay in the underworld is associated with material phenomena, a little simplified you can say that it is about good food and drink, sexual experiences, power, honor and property. What belongs to the kingdom of heaven is more about perfected art and culture, science and philosophy and altruistic, platonic love. The boundary between the underworld and the heavenly realm is clearly defined and man cannot partake in both of these realms, he must choose between them. There is an image, an archetype, that depicts man's dilemma before this choice: The image shows a traveler walking on a road and approaching a crossroads. One road turns down the valley, the other goes up the mountains. Which path should he choose? At the crossroads sits a hermit or perhaps a beggar. The traveler asks for advice but the hermit gives evasive or ambiguous answers. The content of the situation is that everyone has to make this decision themselves.

The hermit in the parable is actually identical to the attendant. Because when man has adapted (through purgatory) to more harmonious energies, he must choose between the comfortable (but perhaps somewhat superficial) life in the underworld or the demanding, but more enriching life in the kingdom of heaven. Choosing the easiest path is not obvious. The flip side of the coin is that he will then be "deprived" of cultural merits, collected in higher sensory and higher psychic bodies.

Human development

Individual and collective development is the fundamental driving force in the cosmos. Refraining from choosing is not an option, the attendant does not allow it. It is entirely possible to develop as an individual in the underworld, but only within its given framework. For those who want to advance forward and work with their entire human spectrum, however, the kingdom of heaven is the only option. But therein lies an unyielding condition, one must strip off one's "earthly ties".

The stay in underground or heavenly spheres can be seen as an active holiday. Earthly life is demanding in many ways, rest periods are a necessity. Whether the individual seeks the underworld or the kingdom of heaven depends a lot on where she is emotionally, mentally and spiritually. Sooner or later, every human comes to a point when the material loses in status and the heavenly appears more and more appealing.

There is no evaluation whatsoever of which universal phase of development the individual happens to be in. An elevated phase is not better, just different. A caveman would not have much benefit from a heaven steeped in classical ballet or art history. There is a paradise for everyone and you can be completely safe in the assurance that the individual will come to the right place. The spiritual world works like that, like attracts like.

Let us follow an individual who has reached a certain point on the road, he wants to enter the kingdom of heaven. He seeks to accumulate more wisdom and reach beyond the limits of his existing experience and knowledge.

The trial procedure

Once again outside the world, in the white light of the seventh sphere, the individual now receives new instructions about what lies ahead. He must put away the three heavier psychic bodies in order to enter the heavenly realms. In that process, he will be exposed to three temptations corresponding to certain attachments and desires to worldly phenomena. In doing so, he must actively refrain from the activity in question, which appears to him to be extremely attractive.

Each trial involves a confrontation with activities in the underworld (comparable to the lower collective thought world). The place is selected in accordance with one's universal level of development and individual climate of thought. If the individual can master the temptation, the ordeal is considered completed. After each successfully completed trial, the attendant presents a summary of the overcome obstacle and gives a description of the next steps.

First trial

This ordeal is usually about being able to abstain from fantastic food and drinks that, by all accounts, seem to be prepared just for our sake. The aroma and taste of these creations exceed all our desires. Like-minded people wave invitingly and perhaps say: "Come, there is plenty of food here. Hurry up!" However, for a person who has never treated himself to a decent meal, the trial may instead be about just that; to renounce asceticism itself.

Second trial

The second trial usually consists of putting aside one's desires but also one's inhibitions in the area of sexuality. A man may find that nothing prevents him from realizing all his erotic fantasies, yet he must give up the opportunity. A woman may finally meet the prince of her dreams she never found in her life, yet she has to leave him and move on. Each trial is always "tailored" to bring the individual's life into balance.

Third trial

Test number three is about greed, we need to be able to resist power, honor and wealth. We may be tempted with priceless artifacts, fabulous treasures, titles and domains. Or it applies to control, we end up outside our comfort zone and the challenge consists in renouncing excessive 'safety guarantees.' Scenarios can be shaped in an infinite number of different ways. Here, it is important to show balance and good judgment.

As man has passed the third test, he is free to enter the heavenly realms. We will travel through these spheres and describe them but it may be of value to first describe some complications that may arise during the trial procedure.

Complications (in the second death)

The purification process

It is perfectly natural to be carried away by various temptations. Habits and desires are strong factors in our lives. A person in the collective thought world who "falls short" during a trial therefore need not be ashamed. However, he will not be allowed to settle down in a carefree existence. In the spiritual as well as in the physical existence, all development takes place in cyclical processes. The goal is always to advance towards a greater life experience. It is therefore a rule that the attendant steps in when a person is "stuck" during an ordeal and cannot move forward on their own.

The attraction to the material realm is extremely strong, the individual may not be able or dare to challenge the desire. The attendant can then purify the subject with the help of hallucinations which are connected to their current life situation. The unpleasant visions last for six nights. Initially the visions are gentle, the attendant appears himself, pleads a first time, urges a second and finally commands the subject to free itself from the enticement. Towards the end, three demonic nightmare scenarios are portrayed. However, they cease as soon as the subject changes its attitude and renounces the habitual life pattern.

The verdict

You have to take into account that the human mind is a complicated phenomenon, the world itself is not always so easy to overview. Misunderstandings and complications easily arise. It happens because some people harden themselves and suffer through all six hallucinations, whether it is due to fear, bigotry or other factors. If the process goes this far, the individual is held accountable for their actions. She now meets the attendant in the form of a judge.

Man will at this moment claim: "I have done nothing wrong." However, the attendant can show, beyond all doubt, that the individual's "evil" (selfish) deeds outweigh the good ones. If the person still does not repent at this moment, the sentence is executed. This means that the individual is stripped of the higher bodies and stranded in his place of trial (in the underworld). The attendant can now only wait for the individual's voluntary choice to move on.

The Heavenly Kingdom

Any complications in the second death are, after all, exceptions, or if you like, "accidents at work". Let us therefore quickly return to man who has just passed his third trial and who can now triumphantly go to his chosen spiritual place.

The flashback (the second)

In connection with man now detaching himself from the lower psychic bodies, a retrospective of life is presented. The difference from the retrospect in physical death is that the person now sees his life based on his own experience, it is a subjective view.

As before, the vision ends with an ecstatic image of heaven followed by a brief period of unconsciousness. For the person who independently seeks out the underworld, the process is somewhat different. First he abandons his higher sensory bodies, then the higher psychic bodies. During the ecstasy, he sees his intended abode in the underworld, and for him it is, after all, an inspiring sight. Rest assured, life is so ordered that everyone ends up in the right place.

The Gate of Heaven

The trials that man undergoes all take place in the lower spheres of the collective thought world, a relatively obscure environment. But for those who overcome the difficulties, a completely different experience awaits. There is a clear and distinct boundary between the underworld and the spirit world. How our mind perceives this passage between dark and light is a subjective consideration but generally the border appears as a vast and radiant gate.

This gate we have passed countless times because we are all eternal beings. When we see the gate, we intuitively recognize it and know what it stands for, its revelation is strongly imprinted in the subconscious. In the absolute vicinity of the gate rumbles a deep and dull tone whose frequency is fundamental to our part of the cosmos. If we are not on our way in, the doors are closed but at its edges we can still see a brilliant light seeping out.

The arrival

The dying person has just shed the last of the three heavier psychic bodies. Now he is born into true life. The gates of heaven open wide, just for him. The light and radiance cannot be described. He sees that many are coming to meet him. Some of them he recognizes, others he doesn't remember yet but intuitively understands that they are connected to him in one way or another. This is the first sphere of heaven, the Cultural Sphere.

In the Cultural Sphere, man abides in the spiritual body we described in the paragraph "The sensory body" as the atomic body. The individual assumes the form, the embodiment of the person they were in the prime of their age, but this time without illness or disability. Children who died early in life continue as children even in the spiritual realms. The stay in the higher spheres can be seen as a period of rest or vacation from the usually laborious physical existence.

The spiritual realms

The Kingdom of Heaven is not an end station, the soul is, so to speak, on a journey through the three higher spheres. The transition between the spheres is usually completely undramatic. When the time is right she may, without reflecting on it, fall asleep in one place, after which she wakes up in altogether different surroundings. All spheres possess great beauty, but they have different characteristics that we can briefly describe here.

The cultural sphere

The first celestial sphere begins with healing and introduction into the new life. After that, the person can take part in the activity. The cultural sphere is the area of innovation, new skills and abilities that are founded here will later be realized in solid physical matter. It can be about artistic expression in color and shape. It may apply to developing new methods in botany, pedagogy or why not rock climbing. The list can be made long.

The emotional sphere

In this sphere, the emotional energies in all their forms are developed and mastered. Emotions are something that distinguishes man, a good quality that many cosmic peoples seem to marvel at. But emotional energies always need to be balanced to be useful. Too high a level of emotion leads to weakness and paralysis of action. Too low a level causes emotional coldness and risk of psychopathy. Sentiment is often seen as a weakness but distinguishes cultured people.

The emphatic sphere

The third heavenly realm is the realm of altruistic love and compassion. Here man has the opportunity to actively enter into the service of the good. The emphatic sphere is the starting point for the activities of the guardian angels in various areas of life. But here there is also an opportunity to expand knowledge about humans in their social context. It's about psychology, intuition and parapsychology. Finally, causality and karma, the law of cause and effect.

Residing in heaven

Seen from earthly conditions, the individual spends two years in each celestial sphere. Since it is a harmonious existence free from disease, no time is lost. There are days and nights even in the kingdom of heaven. The days are usually filled with activities, yet the need for sleep is significantly less than on earth. There is no sense of achievement or stress, everyone does what he or she wants. Recreation and play are part of everyday life and are not forgotten.

The soul who has completed their time in the current sphere intuitively understands when it is time to move on. The transition between the heavenly spheres takes place completely spontaneously. The individual falls asleep in one sphere and wakes up in a completely different environment. But even here there are people she recognizes from before and she is soon involved in the affairs of this sphere. Now she has a new subtle body, the previous one is dissolved but the ability to recreate it remains for some time.

Breaking up

Even the stay in the heavenly kingdom has an end. About six years have passed of earthly time, the exception is children who died from the physical world at a very young age, they usually spend significantly less time in the heavenly spheres. Man is now done with his tasks in the empathy sphere and it is time to say goodbye to old and new acquaintances. But many impressions and ideas have come about, and even now there is an incipient desire to return to the physical world.

When the soul leaves the heavenly kingdom, she is again drawn to the white light, the attendant awaits as always. In spiritual existence there are no complications, the attendant can immediately ask his obligatory question: "Are you ready to die?" Now it is about dying from the spiritual world. Assuming that the soul is ready, she now sees a flashback of her life in the heavenly realm. Close to the border area, she finally sees her future life in the subtle *'thought-heaven.'*

In heavenly thought-spheres

As the soul died from the spiritual world and released the bonds of her lighter sensory bodies, she also fell into unconsciousness. She now wakes up again and sees two lights dawning, one is the white light where the attendant is waiting. The other is the higher thought spheres of the Earth, to which she is still connected through her lighter psychic bodies. The individual can explore these realms on her own but the attendant intervenes should she get lost.

A consistent theme in the Tibetan Book of the Dead is that the dead person goes through a number of fainting states before being reborn. We now understand that it is every time the soul releases her sensory- or thought bodies that this occurs. This also happens when the soul lets its last remaining psychic body dissolve and enters as a full member of the seventh sphere. She has experienced this realm in the presence of the attendant, now she gets to experience it herself.

The memory world

The objective memory world

We are now outside the physical and the spiritual world. The ability to think remains, but there are no longer any connections to material phenomena. The imperishable soul still seeks objects of sensation and what remains are permanent memory traces of physical and spiritual life. These traces constitute the sum of all the actions, deeds and merits of man. Material bodies perish but the memory body is eternal.

Humans arrive in the Seventh Sphere from the Underworld as well as from the Heavenly sphere. All of them can examine their life path and follow the progress. They are in no way limited to the current life period. In fact, they embrace their entire human evolution on Earth and on other planets. A seemingly endless range of life's from the minimal particle being, up to the current embodiment. Each of these embodiment's constitutes the body of memory.

The subjective memory world

It is a very pleasant experience to look back on lives lived, in the seventh sphere all visions are freed from discomfort and pain sensations. We see them from the inside as before but now in a completely different light. In the end, the person is equally satiated even by these enriching retrospects. She now leaves the vision of sensory existence and, by analogy with previous events, she falls into unconsciousness. Regaining consciousness, she sees two different lights manifesting.

It is taken for granted that she should seek out the primary white light, but in these high spheres there is no express prohibition to explore the second light (the subjective memory world). Something she should keep in mind, however, is that this world corresponds to purgatory (with a presence of lower thought energies). There is also a risk here of getting lost in self-created horror scenarios. She is not allowed to linger too long in the long line of make-believe worlds.

The Self World

The subjective world of memory fades, man has rejoined the attendant, received a vision and fallen into unconsciousness. The memories are gone, they are still there but are now in a dormant state. The soul's sensation does not cease and what now emerges is the seventh sphere in its purest form. Without sensory or thought representations in real or symbolic form, man perceives only a spatial extension, a space of white light, which is the soul 'viewing itself.'

To link back to the two aspects of the soul, you can say that it is the sensory soul that creates the white space, the thought soul can then fill it with thought forms and that is also what happens. This inner space can be called the private world, or self world, because it is man's completely private sphere. Here he is the unrestricted ruler of all that exists, the matter created by him must obey his slightest command. He can also create a body for himself, completely according to his wishes.

In the inner room

Staying in your Self world offers endless possibilities. In this sphere, the individual is director, scenographer and actor all at once. In the malleable thought matter, she can build a world that gives her pleasure. She can also create characters that act according to given premises. As narrator, she drives the plot forward. Maybe she chooses an active role in her world, maybe she prefers to hover a little above and only observe the events.

The concept of time has no meaning in the Self world, yet the stay is not unlimited. Seen from the perspective of God/Cosmos, the individual's time in this sphere is clearly defined. Yet this does not conflict with her free will, there is no conflict. In comparison to earthly time, the individual spends about six months in the memory/Self world. But if the earthly life was difficult, you can count on a longer stay. It's all about equalizing unpleasantness and pleasure.

The divine realm

Letting go of the self

Sooner or later the time comes when the soul is satisfied with her creative activity in the Self world. What she portrayed was beautiful and perfect, but the attraction to the fundamental earthly energies is now getting stronger. She wants to feel the physical contact with earth, water and air again, she wants to hold objects in her hands and feel their weight. The desire to embody newly acquired ideas in solid physical matter awakens a new longing for rebirth.

At this stage the attendant appears again, he/she appears as a light in the light. Again, the human soul merges with this being from another dimension. The attendant now shows the individual's life in the Self world, her life and creations, all in a simultaneous and magnificent vision. And so follows a presentation of the future, the individual now looks straight into the divine realm. What she sees evokes an indescribable ecstasy and consciousness fades out.

The ecstasy

What did the human soul see during the ecstasy? This depends to some extent on inner images of the individual soul, but certain basic features can still be determined. The moment the human soul left her own world, she received a message from the attendant. In words, it might read like this: *"You will now go to meet the higher, universal aspect of yourself. I will go with you because my way also ends here."*

In a united embodiment they advance towards a shimmering throne, surrounded by angels. On the throne sits someone with a human shape. When the soul gets closer, she is amazed because it is like a mirror image of herself. The mirror image speaks to her and the meaning is: *"I am your own and all human soul's universal embodiment. Are you satisfied with your life journey?"* A short conversation follows and the mirror image ends the dialogue with the words: *"Come to me!"*

One with the Universe

With the words "come to me", the human soul lets go of contact with her spiritual perspective. She suddenly ceases to be an individual who has a certain vantage point in her perception. The soul is incorporated into the whole but remains in the meaning "I am". First the unconscious stage unfolds, after a while she wakes up and now the perception of the world is completely changed. She is no longer localized to a place, instead she finds herself omnipresent.

The human soul is no longer in the cosmos, she *is* the cosmos. More specifically, all human expressions are parts of her manifestation. The human perspective is more than just people, a myriad of different life forms fit within the framework of what a human being is. What she experiences in her cosmic guise are all these life forms, however within certain given dimensions in terms of perception, space and time. This does not detract from the experience, the design nevertheless has the character of infinity.

Cosmic dialogue

In her cosmic embodiment, the human soul can still dialogue with the attendant. But the words never need to be spoken, the understanding is immediate. In this way, a dialogue continues throughout the divine sphere. The attendant, however, is in a completely different dimension. While the cosmic human soul experiences a continuous "now", the attendant instead experiences an immobile "then". The meaning of the latter is that the past and the future are simultaneously present.

But in the capacity of "human god" the cosmic soul also dialogues with an infinite number of human beings in the universe. It is not a conversation in the ordinary sense, the prayers, cries and questions of the people reach the cosmic soul as a noise. She answers all calls effortlessly. The calls touch her and are reflected back as various kinds of prayer answers. The answers come in the form that the individual can best understand in their current situation.

The spiritual god realm

Hitherto, the cosmic man has resided in the physical universe. Eventually, it is nonetheless time to continue. Even in this high state the cosmic soul meets his well-known attendant (who is now himself in a cosmic embodiment). In the white light of the seventh plane, the cosmic man sees his "cosmophysical" life again, which is usually followed by an ecstasy and an unconscious state. The future vision has this time shown the *spiritual realm of the gods*.

Of course, the fact that the cosmic soul leaves the physical world does not mean that the place becomes "vacant". The divine consciousness is constant, the only thing that happens is that the cosmic soul changes his focus from the physical world to the spiritual. This spiritual sphere of God is the exalted equivalent of the heavenly kingdom. The universal body form of the God-soul thus now consists of a lighter matter and the ascending prayers are of a completely different character.

The divine thought-heaven

Now, the god-soul has also left the spiritual god realm. As usual, she sees two lights which, in her exalted state, she immediately recognizes. She may choose to decline the presence of the white light for the time being and instead explore light number two. This is the revelation of the divine thought-heaven, the sublime thought-matter of the cosmos in one mighty embodiment.

Here, God/Cosmos does not appear in any objective sense. Instead, it is an expression of how the creator experiences itself. But even here the god-soul carries on conversation with the attendant and with countless human beings. The stay is not too long, it is after all spheres of thought matter and associated with certain risks. Soon enough, the journey goes towards the white light.

The Divine Memory World

After the time in the divine thought heaven comes retrospection, ecstasy and unconsciousness, as so many times before. The God-soul is now in the Divine Memory World. Perhaps she feels adventurous and ventures into the subjective part of this world for a while. The attendant immediately moves in if she were to get lost in endless spaces of thought. But perhaps she is content to enter the objective memory world and observe real events.

In the divine memory world, human history appears in all its guises and manifestations. Here all human expressions are represented, from the smallest human particles, through a multitude of incarnations, and up to unseen hyper galactic super-beings. But it is not just one life path that appears, in fact she sees all existing human life paths, all in a monumental cosmic embodiment; herself!

The divine self world

The cosmic soul has just experienced the joy of reunion in the divine memory world. Now she wakes up in the universal equivalent of the individual self-world. This is truly the arena of the creator god. Here she can build her ideal cosmos. Matter responds to her instantly, beings and forms are constantly ready to fulfill all her intentions. It is a spectacular contrast to the limitations of the individual human being.

The cosmic soul's thoughts and creations now take on ever more earthly expressions. Even the experience of omnipotence begins to appear trivial. Things manifest effortlessly, it's all almost a little too easy. She sees the struggling and striving of the individual soul in worldly affairs but she cannot remember that it was unpleasant. Instead, the life of the earthly soul now appears as an ideal, as an exciting challenge.

Rebirth

About seven years of earthly time have passed since the human soul died from the physical world. Now a divine being is getting ready to re-enter the earthly realm. In the divine self world, the God-soul has fused together with his attendant. As expected, he asks his question, but the wording reads: "Are you ready to be reborn?" The God-soul is ready and is now presented with a flashback of her self-created universe. A vision of the future follows. Unconsciousness.

The future vision concerns earthly life. The God-soul sees her birth, her parents, her future habitat. The whole of earthly life from beginning to end appears in this snapshot. The life ahead is at a higher level of maturity compared to the previous life. Perhaps she has even reached the point where a new category of personality awaits. Perhaps, after a series of lives, she has reached a changed outlook on life, faith in God. Perhaps a more developed life form awaits.

In the sixth month of the mother's pregnancy, the soul enters and takes up residence in the fetus. The observant may see a difference from one day to the next in terms of the mother's radiance. The yet unborn child floats around in the thought world. The memory from the previous life remains in the child's memory body and vision body. But the completed birth and tangible physical life crowd out the subtle memories. Again the memory of the past must be imprinted in the new body.

Epilogue

What can be said about the truthfulness of this vision? My belief is that the portrayal gives a reasonably good picture of an actual situation. But an equally great truth is that errors most certainly might have crept in. I do not have direct access to super-sensible information, like most others I have to scoop from the "fountain of wisdom". But this is an active and painstaking process, it is easy to become careless. I have sometimes thought: "I have a good enough understanding of this particular phenomenon". Later, however, I have found the analysis to be insufficient.

I therefore hope for indulgence with any mistakes. The '*beyond*' is in many respects a thicket, getting lost is not difficult at all. This applies not least to the weight of words, certain well-known concepts mean different things to different people. I would therefore already like to announce that the writing will be updated if new facts come to light. Incidentally, the depiction only *hints* at certain universal transformation cycles (Tao) which form the framework of the entire creation. To account for them may possibly be such a difficult task that it cannot even be done.

As a conclusion, however, I want to engrave (in stone) three principles:

- **The soul is eternal and imperishable.**
- **Death is only a transitional state.**
- **God/Cosmos is an inseparable part of all beings.**

Prosperity and happiness to all.

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Small glossary

Spiritual bodies	This is an independent name for the lighter sensory bodies if one wants to distinguish them from the heavier ones. The heavier ones are then specifically called "physical bodies".
Contemplation	In ordinary meaning equal to awareness. In an expanded sense, the term stands for active awareness, the soul's <i>emission</i> of G-waves.
Self world	The soul's contemplation of itself. The seventh sphere in the seventh sensory- or thought-body respectively.
Esoteric	Hidden, mystical knowledge for initiates.
Phantom body	The composite body of ghosts. (Neurology body + Visual body)
Physical world	The part of the sensory (objective) world that is made up of heavier matter. Corresponds to the sensory, neurology and visual body of earth.
Awareness	In ordinary meaning equal to contemplation. In the extended sense, a passive awareness, the soul's <i>reception</i> of G-waves.
First death	The release of the three heavier sensory (physical) bodies.
God	The Conscious Cosmos. The infinity perspective. An integral part of all beings.
G-waves	Intuitive energy. In specific cases, gravitational waves emitted and reflected from physical bodies.
Heavenly kingdom	Refers in this text to the three higher sensory bodies constituting the embodiment of Earth (atomic, plasma and tonal body). These bodies are located within the Earth's atmosphere. (Compare 'thought heaven')
Cosmos	The total, unified embodiment of the universe. All matter in all directions (though not necessarily in all dimensions).
Attendant	The human 'higher self' who shares her life path but in a completely different dimension. Communicates with the individual soul in the seventh sphere. Experiences the life path simultaneously (timeless).

Light plane	The seventh body (seventh sphere) in the human sensory and thought body. Carries objective and subjective memories respectively.
Memory world	The memory traces of the seventh sphere in the human memory body and vision body respectively. Lies beyond the objective and the subjective tangible world.
Post physical	Life after physical death.
Psychic world	Same as the thought world. A subjective dream world that becomes visible when the thought soul perceives its own (or others') psychic bodies.
Conscience	The consciousness of the thought soul (the autopilot soul).
Sensory body	The collective name for all the seven physical bodies together.
Sensory soul	A small "black hole" that emits concentric gravitational waves in all directions. The effective range of the waves defines the soul's aura. The soul waves "scans" physical and psychic body centers at intervals.
Sensory world	The tangible and objective existence. Includes the physical and the spiritual world.
Seventh sphere	Beyond all worldly forms. See also "Light plane".
Sublime bodies	This is an independent name for the lighter thought bodies if you want to distinguish them from the heavier ones. The latter are then specifically referred to as "psychic bodies". See also "Thought heaven."
Thought heaven	Independent name for the three lighter psychic bodies in the embodiment of Earth; the cultural, emotional and emphatic body. Corresponds to the sensory bodies in Earth's atmosphere.
Thought-body	The collective name for all the seven psychic bodies together.
Thought-matter	Structures manifested in the thought world. Thought-matter is formed at the will's command and obeys special laws of nature.
Thought soul	A small "black hole" at the center of all beings that picks up gravitational waves from all over the universe. Reads the reflected waves from the body's psychic and sensory centers respectively.
Thought world	Same as the psychic world. Becomes visible when the thought soul perceives its own (or others') psychic bodies. The thought world of Earth is called "the collective thought world". In the individual perspective, one usually speaks of the "dream world".
Underworld	Refers in this text to the three lower psychic bodies in the embodiment of Earth. (The craving, passion and rationality bodies). These bodies are attached to sensory bodies inside Earth, under the Earth's crust.
Visionary body	Immaterial body belonging to the thought-controlled bodies. This body stores all memories regarding the subjective and introverted life path (thought world). The vision body should also be seen as connected to the craving body.