



Talking about the afterlife reminds me of an old joke. Rather than is there life after death, is there life before death? In many ways this captures the essence of these eight short videos. I'm sure you've all heard of the phrase "a life of quiet desperation"? Is there a person watching this who holds themselves in the highest regard, who truly loves him or herself, without any narcissism or ego?

40 years ago, my second wife Anne, suffered the tragedy of her mother dying with a brain haemorrhage. It turned her and my world upside down. Anne sought some solace in becoming a healer, a reflexologist and an aromatherapist. In truth it was her conscious reconnection to spirituality that eventually pulled her out of the grief and the gloom.

Being a recovering academic and prisoner of my left brain, I couldn't cope with all this "nonsense" as I saw it and became more and more resistant to her newfound faith and beliefs. That she almost miraculously healed me on three separate occasions, one when I was suffering from temporary paralysis, failed to convince. Yes I was an absolute pain.

However the healing and a few other "incidents" were to begin the outrageously slow process of my personal awakening.

One in particular stands out. A famous local medium, May Pickering, a petite and unassuming woman in her 70's agreed to see Anne not long after her mother, Doris, had passed. May had an 18 month waiting list, but we got an appointment surprisingly quickly.

Yes, I say "we" because my scepticism bordering on cynicism did not override my curiosity. For the first 10 minutes I sat in May's lounge, arms crossed, face like a bulldog chewing a wasp, wondering what I was doing there. Then she revealed things to Anne (no, they had never previously met) that close family and friends, and myself, never knew. I was shocked, and cognitive dissonance threatened to overwhelm me. The woman was amazing and I had to admit it. Of course to have my material, left-wing revolutionary, scientific worldview challenged in this way was not only uncomfortable, but something I had to close down.

So, in common with many people watching this video, I rationalised it. Fascinating interesting, "makes you think", but not for me. I was happy for Anne to walk this path, because it gave her comfort. Yes that's it, nonsense, but it helped her grieve.

A visit to another local psychic sometime later continued to chip away at my personal defences. As a child I was forced to go to Sunday school, and even though there were times I hated it, I could never admit to having a grudging admiration for Jesus. The incredible hypocrisy of senior members of a local group I joined called the Crusaders turned me off organised religion for good. For at least the next 20 years I was a very vocal atheist.

So what you may ask, what's the point of all this?

Well if there is an afterlife, what is it like? Do we have to live like saints to get in it? If life is a bitch and then you die what are the implications for our lives in the here and now? Did I live the first 12 years of my life in original sin, only to be freed by being baptised at the age of 13? How many of you have been permanently scarred by organised religion?

It's obviously impossible to answer all these questions in a short video, so I will run through very quickly the implications of what you have just heard.

What is a "spiritual awakening"? The most common examples are a gradual awakening, a sudden awakening, or having a mentor or guru assist you. Awakening to what?

How about the realisation that we "can't die for trying", thank you medium Gordon Smith, that this life is not all there is? And suppose we have had many lives here on earth, and after we die we go to a place variously called heaven, Nosso Lar, Summerland, to name just a few. Imagine you are immortal and this

planet is one of an infinite number of choices where you can spend your time. Imagine a place where whatever it is you wish to have can be manifested through thought. A place of abundance, vibrant health, joy, happiness and peace.

All for the price of a pint.

I digress.

For me, the best place to read about the afterlife is in the Joseph Communications books, links below. And watch anything you can find with Michael Reccia in it.

I would strongly recommend the film “Nosso Lar” based on the work of the incredible Brazilian medium Chico Xavier.

Read the book *In the Stillness Everything Happens*, an account of Anne Stewart’s four-year earthly relationship with the late Princess Diana. Another book I would strongly recommend is *In the Company of Harry*, written and channelled by my good friend Stuart Morris.

How about exploring accounts of people who have visited Heaven/The Other Side and lived to tell the tale? For the uninitiated these are called Near Death Experiences. Check out Dannion Brinkley. And I am blessed to know someone who “died” nine times, Ray O’Brien.

Will you be instantly convinced by any of these? Some of you may be. For some of you, like me, it may take decades for you finally to come on board.

Does it all really matter? During my atheistic, cynical phase did the afterlife fade away? Does one person’s disbelief negate the whole situation?

I think you know the answer to that, so I thank you for tuning in and look forward to seeing you in the second video of this series when I talk about the subconscious mind. You may not believe it yet, but your sub or unconscious programming is what will determine how much if anything you get out of these videos. And your subconscious programming determines how you live your life.

Namaste. Let me end with a quote from *Trance Mission* by Michael Reccia, a literal account of his many public demonstrations with “Joseph” from the spirit world who has come here to help humanity save itself.

*“First of all you have unlearn. You have to realise that a great many of the concepts that you have been brought up into are wrong.”*

And I nearly forgot. You know that cognitive dissonance is that uncomfortable feeling we get when we come across something which challenges our existing beliefs? And what do we usually do? Reject the challenge, even though it is often true...

Links:

Joseph/Michael Reccia      <https://thejosephcommunications.co.uk/>

Dannion Brinkley      <https://ndestories.org/dannion-brinkley/>

Ray O’Brien      <https://www.youtube.com/watch?v=kCISADgMRKo>

Penny Sartori, NDE’s      <http://www.drpenneysartori.com/index.html>

Stuart Morris      <https://inthecompanyofharry.com/>