AIGUL KHOUSNETDINOVA

TALES FROM THE OTHER SIDE

Айгуль Хуснетдинова

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«Автор»

2023

Хуснетдинова А.

Tales from the Other Side / А. Хуснетдинова — «Автор», 2023

What is Afterlife and what is happening after death? This book from medium Aigul Khousnetdinova opens the veil between two worlds. In her practice she has many interesting cases with ghosts, dead souls and mystical experience.

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Айгуль Хуснетдинова
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All about Death and the Other side from practicing psychic medium

Introduction

I was not born a medium. I don't have stories of my childhood how I first saw a ghost when I was five and started to realize that I'm a special one since then. I've been always told that I am special. I really wanted to be normal, ordinary girl but people around kept always telling me I was different – while I desperately argued I'm not. Honestly, I still think I'm an ordinary person. I thought everybody can do that – see aura, heal people by laying hands. Yes, a lot of children can do that. But when you grow up, everything is changing and by putting this sacral scary knowledge into the box of reality, a lot of people prefer to live a simple life and even the child forgets his own divine nature.

The Other side have opened to me with my practice. I've come a hard and long way where I balanced between office career of head of legal in international law firms and inhouse companies and my own way of witch who whispers with Spiritual Guides. Meanwhile I have never lost my mind in eastern practices by hugging some crazy "gurus" who never washed their heads. I never wanted immediately and desperately develop my skills right away, – intuitively I felt that too much practice in short period is quite dangerous and will destroy my inner barriers and landmarks and my mind will never be clear again.

Reasonable skepticism in esoteric is must. There are a lot of people ruined their lives by wrong spiritual practice. Some people wear tin foil hats, some people don't have money even to buy foil but they have monthly subscription in Akashi Chronicles (or they think they do), they know everything about Cosmogalactic messages from the millions of other stars and universes, how exactly people should live according to Ascended masters and so on. Doesn't matter that information may contradict to common sense and logic – it is the Sacral Knowledge about Everything. Really? That's why I prefer to follow my Path very carefully, listening to myself and my heart very carefully and always contacting with my Spiritual Guides in every step I take. It's the matter of trust to higher power, to my Guides – and every day I see that following the spiritual path is the matter of trust. And please, always verify information.

Death have never interested me, I never felt connection with funerals and any rituals whatsoever. The list of friends and relatives who passed away is short – just two or three persons there. Before working with the Other Side, I thought that death is an integral part of being, I did not have any fear, though in our family – like in any family in our culture- nobody talked about death intentionally. I remember from my childhood that deceased grandparent came in the dreams of other family members to say something important and this information is always true, but it is not allowed to follow them no matter where they go. That was all my knowledge.

I did not choose to be the medium and talk to dead. That was decided by my Guides. I myself is quite happy and alive person and even in my teens I didn't wear gothic style, have not practiced cult of dead with all pentacles, depressive music claiming to "join me in death" (will all respect). But my personality really has nothing to do with my practice and being a joyful person doesn't mean that contacting with dead people is very joyful. I've read some books of psychics describing their practice as funny job, when uncle Rob is flying on the ceiling and auth Nina is telling inappropriate jokes. I have never witnessed hysteric laughter from the dead souls in my practice. I have witnessed bright sorrow, grief, freedom and liberation, but dead souls are in absolutely different space and we can see them when we are in altered state of consciousness. This state changes everything in perception. At least that is what I know at the moment. Jokes – yes, but you don't want to laugh, it is not stand-up show. Maybe, in couple of years I will experience fun with someone's uncle Rob and aunt Nina and will teach me how to make fun when you're dead – who knows.

In this book I would like to give detailed answers to questions about the Other Side, demystify some myths, some of you will be surprised, some will be upset.

That's life.

That's the Other Side
Follow me.

What is Death?

Every culture has its death spirits – or death gods. No matter which culture is closer to you – Indians of North America, Ottoman empire, Ancient Greece, Medieval times with all the discoveries and tortures, Ancient Egypt – every culture, tradition and religion has its own views to death and map of afterworld. By the way, the interest to certain culture (not only funeral aspects) may confirm you've been there in your past lives. Anyway, spiritual traditions of every nation have information of what should be done to do to go to another world with no fear and pain.

Usually the Other Side is the variation of the Lower world according to idea of three worlds. There are three worlds in shamanism – Upper world, Middle world and Lower world. The Upper world is the space for gods and spirits of the higher level, Middle world is our world, and the Lower world is the world of dark energies, restless souls, daemons, world of cold, death, bad spirits. It looks like Scandinavian Hell.

The Lower world is the world of cold and freeze or, in some cultures, it's infernal hell with heat depending on cultural context and what is scaring people of certain region the most. These ideas depend on climatic circumstances. Please note that all magical traditions are connected to the territory, and it is quite hard to celebrate Beltane in Morocco, other gods are conquered that place already, and date just has no power (I've been in Morocco on the 1st of May, no celebration and magic there). If you have initiation, you can practice everywhere (like Haiti voodoo priest can practice in any country), but it doesn't work itself, you should make some moves. Therefore, the most frightening thing for Scandinavians is to be frozen, and for desert people the heat is the worst.

In Christianity and Islam there are heaven, people's world and hell, and pagan traditions are pretty much the same about structure of the worlds. As you can see, middle world is always about people, upper is about gods, angels, guardians of the family, saints, when the lower world is undefinable, scary, chthonic and freaky. It's equal to unconscious in terms of psychoanalysis.

Ordinary people's view to the death are somewhere between fear of dead man in the cemeteries (thanks to folklore) and exalted idea of afterlife, when relatives come in dreams and give advice or provide other help. In both views there are dead souls, but first is about dark energy, and the second is about bright sorrow. I think that happens because we don't have acceptance of death in our culture as the part of life and part of the being. Children are guarded from death and are not told about the death of their favorite pet or grandmother preferring to tell white lies. But remember, the sleep of reasons produces monsters.

The younger the civilization, the bigger the cult of consumption, cult of youth and interest to life here and now, live fast, die young. In old African traditions, in voodoo, in Mexican beliefs with Santa Muerte cult we will not find this attitude, the death is a part of natural process there and should be treated with respect and honor. Some traditions personify the death – Hel in Scandinavia, god of destruction Shiva, Santa Muerte (Saint Death). In Russian tradition there is a death with a scythe – no clear explanation, why, maybe, therefore we are afraid of our last journey – because we just don't know where are we going.

In Hinduism there are three gods responsible for the order in Universe – Brahma, Vishnu and Shiva. This is trimurti – three gods who created the Universe, protect it and destroy it. Brahma is the great creator of everything and further his role in myths is not big, and he is not mentioned much in legends. This is the level where all laws are created (physics, chemistry etc) which exist by their own (and everybody complains about his destiny to God, but why there are no complaints about gravity?). you can find the Creator in all cosmogonic myths whose role was only to create the world and go rest. Interesting that the Creator is always very indifferent to what he made, he (she?) is cool-blooded, curious and calm and certainly not an emotional being. Even in Bible since the beginning of creating "and God saw that it was good" and till the expulsion of Adam and Eve from Paradise the creator is

absolutely indifferent to his creatures (the Sun, the Ocean, people) in present and doesn't care about their future. He is like a big child who is interested in the process of creation and sometimes you may think that the expulsion happened just because Adam ruined his plan and did not follow the rules of game. Any person loving to create will understand my point of view: when you are making something, you are completely in the creative process, in the flow, but as soon as you've done, you just don't care what happens with this piece of art. You can apply this to any creative process (art, songwriting, fashion, jewelry, design, programming) or any work project. It is some kind of high stage of creation guided by inspiration. It's extremely important to give birth, create, publish, release from you, and the rest is important. The only thing important here is a process of creating.

Gaea, Chaos, the gods of Ancient Greece who created the world, are not the part of further strives. They are not represented in anthropomorphic state – they are pure energy and their nature is different. Gaea is not Athena. Gaea is much bigger, she is powerful and strong, it's the kind of power with no place to sense, logic, any limitations, this is pure element and force of nature. There are a lot of creator gods in different mythologies – Egyptian Ptah, Zoroastrian Ahura Mazda, Wiracocha of Inks, Brahma. In some traditions the worlds were created by animals, in orders the world is a result of confrontation of energies (probably, it's esoteric and spiritual interpretation of the Bing bang theory).

After creating the world, it is important to keep the balance. This is what Vishnu is responsible for. Every culture has its gods responsible for love, health, law and other sectors. These gods are worshiped and asked for protection since the Creator will not waste his time for these small things. That's why we have saints in Christianity and the smaller gods in every tradition. It is much easier to work with concentrated energy. If you need love – focus your energy on the energy of love which located in symbol and visualization of god – and go ask Aphrodite for help. You need protection in your journey – turn to St.Nicholas. At some point you turn to the archetypes, in fact they are gods anyway. If you need bread, you go to the bakery not to the clothing store. When you localize the energy, it's much easier to concentrate on it.

Where there is creation, there is a destruction energy, too. It's Shiva and his spouse Kali in her aspect of anger.

It is what every human being has, it's what inside every process initially – lust for life and lust for death from any seed of sunflower to the greatest Supernova.

We don't talk about destruction for the sake of destruction – we mean that the destruction is mandatory part of life circle. A time to scatter stones, and a time to gather. A time to start your journey and time to make a stop. A time for beginning and a time for end. When a person lives in harmony with his nature he realizes when it's time to start and when to finish, say, relationship, a new job, a new life circle. It's a very spiritual thing. When there is inner understanding, when there is no desynchronization with the world around, when there is a flow (and a lot of psychologists and buddhist masters talk about it) – then everything becomes clear in a very deep level of being. From this point of view someone's death is not irrational anymore. It all depends on the point of view – mental or inner level, level of Soul.

Death is an integral part of our being. Death is more that passing away of certain person from your life. Death is a part of life as season change, as light and darkness, as hot and cold, yin and yan, law of global world balance. Sometimes it's very literally, for example, the birth of grandchild happens only after the death of the older member of the family, but in practice there are a lot of deep energies. We all come into this world for a very short period of time, and it is so important to appreciate life, care about each other, show more love and compassion, develop ourselves spiritually and live with a very simple idea that we are all the links of one chain, where all souls woven in the Universe.

How I see the death? It's just knowledge. Usually people ask, whether the person will die from the illness or will be healed, if the diagnosis is clear, the answer is also clear if the person suffers from lethal disease. Death energy is a death energy, you cannot confuse it with something else. It is a very big sorrow. When you see death on the pictures portrayed as aggressive substance – it is not

death itself, it's the Spirit of disease. Death is a very sad and tragic figure. It's about irreversibility. It's about yearning. It's about grief. It's just the law of the Universe, when there is a time to leave and death just do what it has to do. That's the way the world goes round.

~ Case from my practice ~

I have been told about lethal disease of the boy I know, Slava. My friend showed his photo and all became clear immediately. Six months maximum. During next few months friends did the best collecting money for treatment, they made impossible – 8 mln roubles (almost 100 000 dollars) for treatment in Turkey with one of the best doctors in the world, and there were chances as the doctor told, the guy with the same diagnosis cured completely. Everybody supported Slava, including me, we lived with hope, including me. But I knew, what will happen and when. Knowledge vs hope. When I first came to scan him spiritually, from professional point of view it was interesting to talk to the Spirit of disease, how it looks like with the person who is going to die in a short time. As a human I was devastated, of course. The Spirit was very angry, saying: "Well, well, come one, try to do something, this is fun while I'm waiting". Completely useless. In a few weeks my friend passed away.

Not all the Spirits of disease lead to the death. But cancer of 4th stage looks very aggressive. Neither chemotherapy helped, nor special treatments, nor magic – nothing, unfortunately. It's all about time, if you miss the right moment, nothing helps cause it's too late.

Why we die? Why this young man with perfect health, perfect family and career just burnt out in a few months? He didn't have cancer in his genus, what was that – karma? Past lives?

The most frequently asked question is why? Why we die?

Short answer is because it is what intended by Universe and global order. The time is coming – the human is leaving the scene. By the way, this "departure" not always is fast and good – otherwise there wouldn't be a lot of restless souls in the space around us. Anyway, in most cases death is predestined by many factors – but it's not applicable to everybody. If you live your life mindfully then there is a hope your life will be long and you will not die accidentally.

What are the factors which could predestine the death?

Causes of death

Karma

First of all, it's karma. Karma is the cause-and-effect law and has an impact to future lives. Roughly, if you were a good girl in past life, this life is guaranteed to be good, you will have a good family, earn a lot of money and will be happy. If you were a bad boy – you will turn into the dog. Therefore it is reasonable to make good deeds and make your karma better. This is an investment into your future. Accumulation of merits has the meaning in any case, not for future life only. When the crazy driver overtakes in the tunnel and in few minutes crushes into the wall – it is not instant karma as you may think. It's simple logic. In my previous books I wrote that the Universe globally doesn't care about you and your thoughts – all it works is just the buttons you press and what you ask for. Universe is created and lives in accordance with its own laws. Unless you stand up and say out loud what you need – nobody really cares about your existence and everything goes its own way as planned. It's not the Universe who punishes the driver but the wall which is logically and indifferently standing where is should be stood as well as laws of physics about speed, braking distance and of course, the traffic rules. If you eat toadstool – you are going to be poisoned. If you tease an angry dog – you will be bitten. There are obvious things and karma has nothing to do with it. Karma is spread for all life of the person (being more specific, to the soul), and there are no situations when the person was almost saint but somehow was found in the forest with missing body parts. In most cases the death is the result of person's modus vivendi. You can absolutely control your everyday life, say, if you have problems with your body weight, you can train and have proper nutrition not to make your life worse. Yes, you can bring the death closer. You can take billions of loans in a bank and after delays and no money you can kill someone – that's an option. Or you can be free from any debts, do some social work or even go to ashram for enlightenment. These are all your choices, your decisions. Every second of your life the inner scales are balancing and one insignificant choice may lead to the famous butterfly effect and change all your life.

The more I practice the more I realize that human being can affect to many things in his life (and not only in his life, but life of others). There is a possibility to push the death away, increase the distance between you and your death or even make it closer. This period depends on the ability of the "negotiator" – sorcerer, magician, medium, shaman or whatever you call us. The death is not 100% predestined. It is predestined for those who waste their time watching TV and soap operas instead of living their live with mission and passion, to be a leader, widen their opportunities and trust the Universe in their spiritual journey. The choice to be nobody doesn't depend on job or level of income. When a person chooses to be more mindful, the level of understanding is changing and he lives his own life, not somebody else's – till the very end. There is a huge self-help industry, including motivational speakers and masters of yoga and mindfulness to help you find yourself. Whichever path you choose, you are responsible for this choice, not a society or someone's abstract and senseless "because you have to".

What's the difference between magician (or witch) and ordinary person? The difference is in the level of mindfulness, responsibility for what you thought and what you did, understanding of global laws and realizing that you are much more than just the name, occupation and how you live your everyday life. You are a God, you are a Creator. You can create your universe right now, create the beauty and gold from what you have. You can change everything right now.

Past lives

The second factor of causes of death is the memory of your past lives. The most significant thing here is not your merits but the way you've died and which promises have your given to yourselves which may block your energy in present. Karma here is some kind of general background. Past lives often shown in a repeat of the same episodes over and over again to change a pattern. For example, you have drowned in your past live that is why in this life you have water phobia. This is very common in my practice. By changing a pattern through past lives, you can work with many issues in person's life – why is he single, why he has no kids, why he has phobias, why everything goes that way etc. – and refer to the past lives' experience. This is not universal method – as any other method. Often the person had complicated relationships with his partner and in this life he should heal that connection. This may be applicable when the client made a mental note about this particular partner, put a lot of energy about his feeling. This thoughtform and this energy are always reflected in the space around the client – I always see it. In one of your lives, in one of the universes you've created there is still a memory about certain event – and it feels like trauma. Everything you say, everything you feel is very important, all thoughtforms, all memories, all words said in certain state of consciousness, may affect to your life – even lives, and not even yours, and this affect may be significant. For example, the man died at age of 40 in his past live (wounded into chest). May be, the life before that past live was the same. It is very likely that his life now may be ended likewise – by heart attack, pneumonia or somehow connected with pain on the chest at the age of 40. So if this information occurs in the regression sessions or in meditation it should be worked out, unless the history will be repeated with no end, joy and freedom.

Family history and generational curse

There could be another situation in the family when all men die in certain age from the same disease but there is no connection with past lives at all. Genetic, you may say, and it's true in some points. But death in certain age may arise as a cause of curse. You can die from cancer, knife, because of car accident – no matter where but the death will find you.

~ Case for my practice ~

Tatiana, whose son committed suicide, came to me. When I scanned blood connection to reveal why that happened, I saw the generational curse. Her father's father died young, and the same was with his father. Every man in this generation died young, the reasons were different but always weird. Generational curse looks like complete darkness and somehow distorts ancestral system. During the session it turned out that the roots of the problem lie even deeper, but unfortunately, the curse knocked down the entire clan in the male line, and Tatiana's son was the last man in the family.

What is a generational curse? It is a destructive energy within one system, the genus. This phrase sounds terrible, more like witchcraft with repeated spitting to the side, crosses-icons and terrible eyes, as well as despair. If you have the ancestral curse, just lie down and die immediately, it's strong and will take you anyway, isn't it? Or in order to stop the curse you can perform some meaningless rites, where going to the cemetery and finding the nameless dead is a must – and all this under the cover of night. The scarier and more mystical, the better. I don't know why people do it. As a magician myself, I try to grow professionally, and if I can avoid the entourage – I always do. In 90% of cases, no trips to the butcher for a pig's heart and a subsequent trip to the cemetery are needed, you can use simple methods which work even better. Similarly, the ancestral curse does not require sacrifices and the blood of innocent animals (or the purchase of junk in magic shops). It all depends on the energy of the conductor – I will never get tired of repeating this. Therefore, you need to work on increasing your personal energy – or turn to people with very strong energy.

When identifying a generic curse, it is important to see where it comes from. That's the most important thing. You should reveal the circumstance where it first happened, to whom it is directed and why exactly at them. Then this negative energy must be removed. There are many ways to remove it and if you really want to disturb the nameless dead – God bless you (or whoever is the Greatest in your system of values), just don't disturb them every time for every reason.

Magic does not work on the principle: "You have an ancestral curse, abracadabra, removed."

You need to understand the roots and the leaves, otherwise, the ancestral curse can be diagnosed in every second person (by dishonest magicians). There were evil people in every clan, but not everyone made a curse. Poor these nameless dead, who have to take away these curses in exchange of gifts brought by witches! A lot of work there!

Any trouble that you are diagnosed with should respond to you. If you are told about the ancestral curse, you should feel in a sober state of consciousness that this sounds true, indeed, something in the family is murky and unclear, you should feel it in your heart. Not "Well, I don't know, well, maybe, but somehow unlikely, everything seems to be fine", but you should feel that all possible causes of the problem lies there and only there – feel intuitively. Otherwise, you will become an easy victim for crazy wizards with a badge "Do you want to remove the ancestral curse? Ask me how!"

The ancestral curse appears when the balance in the family is disturbed. For example, your grandmother fell in love with your grandfather when he was engaged with her best friend. Friendship was ruined, and a friend was offended and put a curse. It may be in verbal form literally screaming: "I hate you and I curse you" or have this pain deep in her heart. And your grandmother is ok, but her grandchildren are not, they are single and nobody knows the reason. It lies beneath logic, and the curse energy is very strong.

There are situations when the head of the family could not protect his relatives. For example, the father of the family went to war, left everyone, and his wife was offended that he abandoned her. And this energy of resentment remains in the family and does not go anywhere. There is the main problem – the energy stays in a circle and is not released, like a ball in a confined space, and somehow affects all family members.

Sometimes mother curses her own child – this could happen if mother suffered from pain from her lover or parents were against marriage. A lot of variations, but in general this pain stays within ancestral system. That's what I have to do spiritually – to remove this resentment, this hurt. Even cases with sudden strong alcohol addiction being 30 years old when all descendants became alcoholics out of solidarity to the first drinker, have the base. There should be an initial reason why he had an addiction, usually unbearable pain – loss, hurt, etc. I should dig a little deeper and work with it now – while we have time and possibility. Sometimes it's too late.

According to my experience, the ancestral curse is removed quite quickly, and if you have to do 10 sessions for that (for example, within systemic constellation program), there is something wrong. At the energy level everything works instantly, perhaps just your psyche is not able to accept such a speed. But the fact is that magic works either immediately or not at all.

Playing with death

Everybody has a friend who plays with death – extreme races, motorcycles, base-jumping, etc. And it's not about adrenaline, this is literally challenging the Death. Sometimes it sounds like "Death, I'm not scared of you". It sounds brave and reckless. Just remember, that the spirit of death is unpredictable and it may just stop the game and the person dies. Looks like casino – casino always wins. And death always wins. Gambling is unacceptable. Law of cause and effect works here – if you neglect the security rules, sooner or later the rules neglect you. In real life the person starts to be careless, which leads to fatal errors. From the spiritual point view if there is Death walking around, if you talk about it too much, you mention it often then you attract it into your life and you play with it, you gamble. The death is interested, and the person may rethink his behavior, turn into awareness and the Death loses its interest, "ok, let him live". If the person played a black magician and attracted the chain of negative event into his life and he decided to apologize in his mind or making a ritual – ok, sorry, wrong door, then he will be forgiven if the damage is not very huge. In spiritual world nobody really wants to hurt you unless you cross the line. Not helping, not hurting – until you ask for it. Until you show your will. That's how free will works.

If you lose your mind – well, open the gate, feet first. There is nothing bad in extreme sports, it is adrenalin, the way to feel alive – the point is the attitude to death, neglection, disrespect. You have to respect death and you have to respect life. Know your place and know when stop joking. And be safe.

Maleficium/ death spell

These spells work – yes, unfortunately, they do. The power depends on the magician's skills level and the weakness of the victim. If your magic kung-fu is stronger, you will win the fight. The ritual itself is nothing, what really matters is the energy of the master and energy of the one to whom the energy is directed. If the great master does a ritual (or sometimes even thinks about changing energy) to the frightened accountant – this will work. If a weak master does against Dalai-Lama – it will not work. With Dalai Lama no bad magic works since the level of his energy is much higher due to endless love and infinite compassion to all creatures.

The first signals of bad spell are seen immediately, and at this point the best you can do is to observe your life and rearrange something. Usually, the person does nothing at all – no reappraisal of values, no thought about life purposes, no changes, just goes with the flow. When something wrong in your life – please stop, maybe, you go the wrong way and it may lead you into the abyss. There are always signals like problems with health or relationships – something is definitely wrong. The flow starts to run wrong direction, you can feel insignificant changes. Your goal is to go back to normal life. You have to realize that something is wrong and change your way to where everything is right. Mindfulness is everything. Ordinary people cannot note the bugs of system therefore the bad spell works. You can put it away – and very often you have to go to the cemetery and talk to dead.

Murder

It's sad, but people die as a result of homicide both intentional murder or manslaughter. Please note that murder as a program is always downloaded in life program years before it happens. If the man was killed, the key is in the past lives or ancestral system. In many cases such death is a kind of redemption for previous sins of the person and of the whole family. After scanning past lives we can find out that the murderer in this life was the victim in the past and therefore in present life the soul decided to create energy balance by changing roles.

Stories related to capital punishment and execution are also related to the past lives or ancestral system. It's not happening without reason.

Should you be afraid of the dead?

Information about death is already soars in the space around the person. That's why the death could be seen in photo, that's a mark. According to my practice this mark could be seen 6 months prior to the real death. I admit that this information is accessible to make changes in life, move the death away, have negotiations with it or even make some preparations and finish all your current business here. Besides, it is extremely important to rearrange your mind so this leave could make maximum profit for your soul, not to feel sorry about your years wasted and use the period before death effectively – sometimes this is the only way to make your dreams come true. When you find out that you have only 6 months, you finally go to Venezuela or Cape Horn or wherever you wanted to go, you spread love and build strong and meaningful relationships.

It is useful to talk about death. A lot of traditions appreciate it, for example, famous essay of Seneca "Ad Paulinum de brevitate vitae" (On the shortness of life), there are a lot of Buddhist meditation as well. It's about thinking how much time we have, thatdeath is inevitable and we should live our life consciously not wasting ourselves to small things. Seneca said: "It is not that we have a short time to live, but that we waste a lot of it. Life is long enough, and a sufficiently generous amount has been given to us for the highest achievements if it were all well invested. But when it is wasted in heedless luxury and spent on no good activity, we are forced at last by death's final constraint to realize that it has passed away before we knew it was passing. So it is: we are not given a short life but we make it short, and we are not ill-supplied but wasteful of it… Life is long if you know how to use it."

Thinking helps us to define our global priorities and what is important not only at this moment but matters for your soul. When you know you're mortal, you change your attitude to life and start appreciate it more. This often happens when you ill, have a near-death experience and when you lose your close friends and relatives. Life is fragile.

We are afraid of death in our culture. A lot of tales from folklore tell us how dead man take away the alive ones, for example, mermaids (which in Slavic culture are the drowned girls with no fishtail) put chants on the strangers and drag them into the underworld. The cemetery magic based on myth that every dead man is ready to help your just for the piece of fresh meat. Death is all about mystery, and it's scary.

You are scared because of lack of information. You are scared of unknown dead men, but you ok with your grandmother passed away when you were 10. Restless soul is something unknown, formless, some kind of devil, goblin or just dark figure. Boo! Cemetery is very scary at night. All the deceased are bad, they will drag you into the grave right into the hell and do scary things there with you. What a nice screenplay! And so untrue.

I got to tell you, life is even scarier. It all depends on which dead man we are talking about. If there is a restless soul – yes, we have all reasons to be scared. If there is a deceased not from your family – you should be scared too. But if there is a guardian spirit – everything could be fine depending on lifestyle of your relative, the way he died, what was he thinking, what was the conclusions in his head – these factors determine the further journey of the soul.

There are several ways where the soul can go after death. Before starting reincarnation process, there are few stages person should pass through. Shortly, if you lived your life well and died well, then you will be free. Died well means the understanding that he is dead, he went through burial rituals with prayers, where applicable. Everything was performed in accordance with rules and the person is gone to the Other side. If something was made wrong the soul may get stuck between the worlds.

Frankly speaking, rules are also not applicable sometimes. If the person was not very religious, all burials procedures will not affect him on energy level. It is just the following the rules. If the person was true Christian, the rituals matter. If he was atheist, his spirit will be indifferent if the body

was buried or cremated with prayers or in silence. The most important thing is to calm the soul of the person you've known rather than following the rules.

Where exactly is the afterlife?

I would like to tell you the important thing. When one asks, where the soul is going, it is supposed that there are two ways out – heaven, up and hell, down. Sorry. Neither heaven nor hell. Neither up nor down. The souls are right here in our space, in our everyday life just before and behind us – we just don't see them. As we can't see the air, so we can't see dead souls. You can break down air into molecules and alike the space has tiny cells for restless spirits, our beloved ones, etc. It is very important for understanding. And yes, just in front of you there is your dead grandmother. She has another form and structure now, that's the difference. The older the death, the further the spirit and weaker the impact. As soon as you focus your attention on it, attract it, the energy will be activated. It's not magic, it's science, the quantum physics which states that object is changing when observed. All worlds and dimensions are around us, right here, we just can't see them because of our minds, because of what we consider as reality, because we don't want to open up our consciousness to light energies. I'm not saying about freeing your mind by any and all the ways like yoga, meditation, drugs (in some cultures this is the way to enlightenment, too), I mean the expansion of your perception to be mindful and sensitive. Training your intuition and sensibility to flows of energy is useful, it gives the feeling that you are not lost, that you live your own life, not someone else's. These skills are not just for talking to ghosts. Believe me, though in media and in movies we see the romantic vision of medium's life, in fact and in real life it is not easy at all. An there are a few real mediums, not only tv stars of psychic shows.

Afterlife is not the cemetery either. The cemetery is a spiritual storage of dead bodies, storage of energy of death. But is not afterlife. If it was, the connection with dead spirits would be possible on the cemetery only, but in practice to connect with the dead soul I don't have to visit the place of his bury (it is very hard when the body is cremated). Afterworld is like Internet. It's everywhere but it is accessible only if you duly connected. Any information of past or future is in the internet itself, you just surfing to find it. Where is the Internet? Somewhere here around us. Everywhere and nowhere. Just like that the dead souls and not bodies, they are souls. And soul is completely different energy.

Transition stage

I see the world as layers of information. When the person is sitting in front of me, on the left above I see his father's side, on the right – mothers' side, I can see the family of my client (both alive and dead). Late grandparents are above and a bit further. Overhead I see the divine channel and sometimes this channel is much brighter and stronger than ancestral channel. This means that connection with the god, angels, whatever you call them, is stronger that connection with family. In that case my clients often say that they feel they have a mission more important that build a family, build a house and grow the tree – very often it's all about creativity, art, poetry, music, become a star, mission like serving people in any field. The deeper I go, the more I see and feel. All these layers are felt different.

Dead people are seen near the client and I see them as alive. Usually, they are dressed in clothes they were buried in or some other clothes recognizable by my client. Sometimes I see then younger (for example, the man died in his 80s, but I see him as he was 50 years old – this means his spirit still feels himself as 50-years-old man). Usually he tells me all information he needs to tell, all offences, desires, all his thoughts concerning why you come and don't come to visit him in the cemetery.

~ Case from my practice ~

Once at mediumship session the soul of the dead husband told his wife Svetlana that she did all right on the funeral. Svetlana made very unusual and extraordinary funeral with piano and she was worried if his soul liked it. He did. Thank God. Moreover, he said some words in French, and Svetlana said that they are from his favorite song. I don't know any French songs so it was definitely his message from the Other side.

The space of dead souls I call the Transition stage. At this level they tell me how long they are going to stay there. The Transition stage begins right after the physical death, but first 40 days they are closer to the edge separating the living world from the afterlife, therefore it is strongly recommended not to disturb this soul – it could just be stuck between the worlds. Based on my practice, 40 days are very approximate period, the "departure" may take 2 days less or 5 days more after that period.

Sometimes dead souls tell me why they are here on the Transition stage and give information how long they are going to stay there before they move to another level of transformation. Usually the transition period takes 7 years or more – within that period the person frees himself from his personality, ego, his memories, etc. The Transition stage is for everybody but not like the room for party where all dead souls meet and greet each other – this is special space same for everyone and everyone sees it differently. Everybody has to go through this but alone. It's like apartment building where everyone has his own apartment but there are thousands of apartments and the building is one.

The moment of transition itself from the physical being to non-physical, when the person exhales for the last time, is quite painless, sometimes people have a dream the night before death or have some mystical experience where they understand by heart that death is not painful, not scary, that the Other side is bright and good. Dying is not scary at all.

The suicides are in other space and while on the Transition stage the dead one can join to his family and ancestors, suicides have no such opportunity, they are isolated. The ghosts and negative spirits are located between the transition stage and our world. They are connected to both worlds.

Transformation stage

After Transition stage the soul goes to the Transformation stage to connect with higher levels of being, to meet Spiritual guides or to become the ancestral Guardian spirit or to go to the Bank of Soul for the next incarnation. At this stage the person is absolutely free from his own ego, he becomes a pure soul, best Self, Deeper self, Spirit. The Soul can become the Guardian spirit for the descendants and only after that go to the Bank of Souls or may go to the God directly. This is what called nirvana, free from samsara wheel, and this is individual process. At the Transformation stage it's quite hard to catch the soul and there is no need to do that since the soul rests in peace – and you can feel it and you know it and you talk peacefully about that person, no pain felt.

Reincarnation stage

After Transformation stage the soul goes to the Bank of Souls to decide whether it will be reincarnated or not. The soul itself chooses the path to go but it still needs final approval on this stage. Here the further destiny of the soul will be decided – where to go, which body to be incarnated in – or to go to the higher levels of being. Moreover, if you ever tried regression therapy, you can find out whether the soul was “good” or “bad” and what to do with it – and there are Spiritual Councils who make that decision in a manner of spiritual report. Sure, it is not all that bureaucratic as it sounds but it is the space-between-worlds, rest place before the next spiritual journey. The place full of unconditional love, mindfulness and deep understanding of all divine processes. The place of decisions. I have to say that the human perception sees the energy as Councils, Guides etc in anthropomorphic expression of Global spirit which may be understood by every human, where in fact there is no form at all. Maybe there is Higher self who speaks to the soul, maybe, the God – maybe not.

Here the soul may be reincarnated to somebody else or to ready to be gone to the God. By God I mean not religious idea of God, but Cosmic, galactic energy, ocean of consciousness, incomprehensible, limitless and eternal energy.

Stage of liberation

When all tasks of the soul are done and solved, the person is free of endless chain of reincarnations and disappears in huge and incomprehensible Ocean of Nothing, endless eternity, embraces serenity and happiness and becomes a god himself.

Whether a person aware of his own death?

If death occurs as a result of disease or as a result of natural causes, then the person is aware that he is dead. The family will grieve but the soul free from ego and body in most cases feels a great joy and anticipates journey back home. Some people feel that syndrome – they want to go back home without knowing where this home exactly is – in spiritual terms. It's a sadness in heart when you don't feel connected to your real home, your family, to Earth at all. One can feel it sometimes when staring the stars, one embraces the Universe and feels lonely missing the home, the origin Home where we are all from. We miss the divine selves, miss the stardust which is still in cells of our bodies. Soul misses its home. This feeling testifies that by being busy in everyday life person misses something very important and even lives someone else's life and goes the wrong way. Therefore, when a person dies, his soul finally comes back home and dives into Divine ocean of being.

Call before death

It's not uncommon – maybe you've heard it or experienced in your own family – that right before death the person has a dream with his late ones calling to go after them. In this case the person realizes that the dream is about dead relative calling into afterworld directly. No misunderstandings. Usually the call comes two-three days before physical death, probably, providing time to be prepared to this serious spiritual journey, pay all debts both physical and psychological, to free oneself from decisions and unfinished business, to change thoughts and beliefs, to forgive someone or to be forgiven. The dreams like that are very good sign, since the person has time for preparation which means that the person lives mindfully and now has a chance to complete incarnation peacefully and be finally free.

In some traditions the third party comes to take the dead one, the Reaper. This Reaper may be the dead soul having such mission – to take the other souls away.

The dreams about death are quite clear and you cannot confuse them with regular dreams when your late grandmother asks to follow her and you don't want to do it. When in dream you realize you cannot follow after her, these dreams are still bad and may lead to illness, financial problems etc, but not death. The Calling is very different and you just know that time has come, time to go.

~ Case from my practice ~

My client Tatiana had a dream where her dead father just stood and stared to his daughter with accusation. No words, just discomfort, almost physical. Next day Tatian's son killed himself.

The death is predestined. You should put a huge amount of energy or strong will to change the course of events. In case of success, we say someone defeated the death.

What happens after death?

As we know, all life systems, including brain, fails. Biologically and legally the death of brain is the moment of death. Interesting that yogis of higher levels of practice can stop their breath and even modify the brain activity so no supersensitive technology may fix it – and go back to normal state of mind. It's not that simple and the death of brain is very questionable. But sure not every yogi can do that so science considers the death of brain cells as the irreversible death of body and end of the physical presence.

After that the person cleanse himself from all his bounds, personality, ego and mental affection to himself, to the form, the body, thoughts and everything surrounding him. Affection to what he called himself and his life. Reality is different for everybody. All thoughts and energies about age, appearance, life, feelings, senses, emotions – everything he was when he was John Doe. Here is an example. When you meditate, at some point you stop existing and suddenly you realize that all your life including present moment and you in it is just an illusion and there is something inside you existed always and way before your birth and you have a strong connection with the god, with the Knowing self, guiding you both in very simple and global spiritual terms. Maybe you are a god yourself.

This erasure can happen in meditation and even during long monotonous work, long contemplation or ecstatic experience. It's a moment when you ask yourself: Who am I? What am I? – and you know exactly that you are more than your identity card and reflection in a mirror and you are a spiritual being in cosmic space. It's a moment when you observe yourself and don't understand who is observer then? Where is the limit of you and the beginning of the Cosmos? It's a moment when you realize that all social roles, all stories from childhood, youth and maturity created by you are all an outer shell but not real you. It's just a part of you, the face but not soul. Personality – not soul.

This personality is erased when the body dies. The soul frees from the personality. I wrote above that sometimes the spirit looks younger than he was when he died, not, say, 80 years old, but 50. Probably this happens because the soul still sees the personality as 50-years old and appears like that.

After the erasure many things become insignificant. Going through this stage may be very painful because exactly on that stage the soul resists and hold its own beliefs, self and the longer this lasts the harder to go to the Afterlife. To accelerate and simplify the liberation all spiritual practices are for. When we read about hell in religious literature, it's not about demons outside who eat our bodies and scare us – it's all about inner demons and fears in hypertrophied and personified forms. Your affection to material things may lead to constant anxiety (remember how you don't want to say goodbye to your favorite things when you have to) and at worst may lead to strong connection between your spirit and the thing so you will wander around your home unable to be free. Yes, you will be a restless soul. If you have strong feeling to food, this affection looks like an ugly demon of gluttony and will torture you all the time.

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