

{sample section from the book: “The Afterlife and the True Nature of Reality” by John T. Mennella}

{this is a partial chapter}

7.2 An Overview of the Spirit Realm

The Spirit Realm is the place where we (a) review our past lives with a focus on our karmic successes and failures, and (b) plan our future lives so as to have opportunities to address karmic issues that are as yet unresolved. Before I discuss various aspects of the Spirit Realm in depth, I thought it would be wise to present a broad overview of the design and features of the Spirit Realm that enable us, as souls, to conduct this review and planning. Some of the key aspects of the Spirit Realm that help us accomplish this are the following:

Soul Groups: We each belong to a soul group consisting of, on average, 15 souls. As souls we study with our fellow group members, analyzing our past lives and preparing for our future lives. During incarnations in the flesh, soul group members will usually, but not always, live lives together marked by very close acquaintanceship – siblings or best friends, for example.⁵⁹

Soul Mates: Our soul mates are souls from our soul group with whom we feel especially bonded and who play important roles in our earthly lives. Our **Primary Soul Mate**, however, is our “eternal partner” who brightens and enhances our existence immeasurably and who is often in our earth lives in a very close and supportive role such as our spouse, sibling, or dear friend.⁶⁰

Schools and Libraries: These “places of learning” in the Spirit Realm enable souls to study and review their past lives – again with specific focus on the karmic aspects – and decide what karmic issues need to be addressed in future lives, and in what ways these issues can best be addressed.⁶¹

Spirit Guides: Each soul has at least one Spirit Guide, an advanced soul who acts as a mentor/teacher/advisor/guardian. These guides play a crucial role in our spiritual evolution and development. They assist, support, direct, motivate, encourage, and instruct us... they are our coaches and trainers, and so much more.⁶²

Council of Elders: This is a panel of very advanced souls possessing great wisdom and experience who review our past lives with us, and also help us plan out our future lives. Sometimes mistakenly thought of as a tribunal of judges they actually neither judge nor condemn us; ultimately, each soul judges itself. The Council's role appears to be that of providing expert analysis, evaluation, and guidance.⁶³

Place of Life Selection: This is a place where we can view, experience and evaluate the options available to us for our next life in the flesh. Amazingly, we have quite a lot of input in choosing both who we will be in our next life as well as what the circumstances of that life will be. These choices are made, of course, based upon the karmic issues we are planning to address in the upcoming life. Will we be born female?, ...to a wealthy family?, ...physically handicapped?, ...possessing a special talent? The choices we make here are in accordance with the karmic issues we identified, and the plans we made, as a result of the studies and learning conducted in the schools and libraries, and the meetings, consultations, and discussions held with our soul group members, spirit guides, and Council members. It all comes together here: If we learned well and planned effectively, then we will make a life selection that affords us an excellent opportunity to make some serious karmic progress.⁶⁴

Soul Auras: Dr. Newton found that souls in the Spirit Realm radiate auras of various colors and that the color of a soul's aura is an indication of that soul's level of spiritual advancement. Beginner souls emit a white aura; then, as a soul's level of spiritual development advances, its aura progresses through various shades of yellow, gold, blue, and, ultimately, purple. Thus souls with a whitish aura are rookies with regard to spiritual development, while souls with blue-to-purple auras are highly advanced and have reached the near-master or master level.⁶⁵ How, and at what rate, we advance spiritually is determined by our earthly incarnations and the ways in which we handle and cope with the challenges we face therein.

7.3 A More In-depth Look at the Spirit Realm

Now that you have an idea of some of the characteristics of the Spirit Realm, and the functions they serve, I'd like to put the pieces together by describing, in very condensed form, a general representation of a soul's experience in the afterlife from the moment of arrival in the Spirit Realm, after just completing an earth lifetime, up to the moment just before it returns to earth for a subsequent lifetime. As we follow the soul's movements and activities throughout the Spirit Realm I will take the opportunity, at various points of interest, to expand upon some of the key aspects noted in the overview above. Also, in addition to the material drawn from my source references, I will occasionally intersperse relevant portions of my own LBL hypnosis session (my LBL session will be covered in depth in the last chapter of Part II).

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