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Notice to readers

In order to provide you with the teachings I have received in the most accurate manner possible, I have followed the same order for the chapters of this book as the one given by our sisters and brothers of the Hereafter. Just as they did during our communications, I sporadically elaborate on elements throughout the book which appear in preceding lines. Although this book is not a literary masterpiece, its intent is not to breach any rules of composition but rather to follow a specific procedure which is necessary for understanding all aspects in question.

This way of handling the subject provides a progressive integration of all the teachings presented. It constantly reminds us of the key elements which identify each part in a coherent and harmonious whole.

In simply wishing to share my experience with you, I thought that it would be appropriate to avoid plunging you into the intricacies of my subjective analysis. However, I believe that the modest goal of this book implies that I humbly respect the goal that your own Spirit has integrated and accepted as a valid basis which could support the honest understanding of human beings and their destiny. Furthermore, the

moral wealth I received is what finally convinced me to reveal the fruit of my research to others.

Looking back at the period which started at the death of my sister Denise until the end of my spiritually interesting mediumnic communications, from December 1981 to December 1986, I realize that I read and analyzed a great number of books in order to be prepared and to be able to understand what the Spirits were teaching me. Naturally, this does not mean that I have acquired a true esoteric culture, in the intellectual sense of the word. I know that I am still very far from it but, nevertheless, I was able to realize that I was being taught a solid foundation of truth, at least the one within our reach.

I would like to draw your attention to the concordance of certain messages received, particularly about man's components and his spiritual evolution, along with what the kardecist thesis teaches. As a matter of fact, it could be pertinent that you be aware of the many counter-interrogations conducted with my disincarnated Spirit friends in order to understand the reason for the existence of human beings. After all, as I was saying to myself, isn't it in the best interest of the world of the Hereafter to bring us increasingly more elements which could make our metaphysical reflection "progress"?

I am sharing their answer to that question with you, and although it sounds somewhat parabolical, it will please you nonetheless, as much as it pleased me: "If we ask many researchers from different races, different nations, and different cultures to define, using different methods, the chemical composition of a pure water molecule, they would all, without exception, come to the same conclusion."

This therefore applies to the already known messages the Spirits have given me. In other words, the only conclusion that we can reach is that nineteenth century Spiritists and their successors are not wrong as to the essentials of what was transmitted to us : Man is really and truly a reincarnated Spirit, searching for a greater evolution towards his Creator.

S.G.

Foreword

The main purpose of this book is to bring a message of hope to all those who are besieged by the assaults of the present world and searching for the light that could rekindle their belief in after-life survival.

Sharing the particular experience that God has allowed for me to live may, I believe, contribute to sharpening the desire for growth in the true sense of life on Earth, for those individuals.

As many individuals on Earth, I became intrigued with the Hereafter the moment I became conscious of my own existence. Like all of you, I was trying to figure out the reason for death at the end of life which, in itself, is also sometimes difficult to understand. But some uncommon events led me to an extraordinary experience which lasted a little over three years : Communicating directly with the ones we call the dead. These exchanges gave me precious answers to questions that my spiritual interrogation was asking.

I now invite you to follow our disincarnated sisters and brothers with me, who have so generously consented to quench our thirsty hearts with the pure water of great knowledge.

When I undertook my spiritual search, I was looking for strictly personal answers. Because of that, I do not believe that I have been chosen for a particular Divine Mission. It is by observing people around me and listen-

ing to them that I believed this book could be useful to the sincere soul who is searching for God.

It is therefore without any pretension whatsoever that I write these lines. I simply want to share, with all those who thirst for spiritual knowledge, the humble road on which I travelled.

Serge Girard

Introduction

My research really started when my sister Denise died, towards the end of her thirty-fourth year.

When she was alive, she and I had agreed upon something that would prove survival exists after death. The first one to die had to try to manifest their survival to the other, God permitting. My sister respected our pact. The night of her death, I was more than three hundred kilometres from where she was hospitalized. I was having a hard time falling asleep and I suddenly saw the hands of a woman in front of me—they were much bigger than normal and were slowly coming towards me. I jumped up and at that very moment the phone rang. I was notified that my sister was in agony and that it was only a matter of hours. Hanging up, I saw, very emotionally, the exact time of her imminent death. I sadly told my family the news. When her death was confirmed, I prayed and asked her to show me a sign that would prove she had survived. Right after, a small piece of paper upon which I had written the name of a Healer eight years earlier and had long forgotten, suddenly appeared in the middle of a suitcase that my wife had just opened.

At the time, a well-known Healer had advertised his coming to my hometown. My sister Denise had called to ask me to make an appointment for her. Upon finally reaching him, I had written on that half torn piece of

paper the information required. It is that very same piece of paper I had given her eight years earlier which had materialized before us.

Tremendous surprise, mixed with deep emotion, led us to the conclusion that Denise was not only showing proof of her survival, but that she was also in a state of well-being.

Five hundred kilometres away, at my parent's place, small knocks on the window were heard, whereas nobody or nothing could be seen.

Many other very obvious manifestations occurred during the entire time that her body was displayed. It was as though she was trying to tell us that she was still alive, being careful to not scare us. Everything became peaceful once again and, three weeks later, she returned. I had awakened in the middle of the night and was unable to fall back asleep. Everything was silent when suddenly I distinctly heard her voice. It was as though she was talking directly inside my right ear. When she stopped talking, I had the distinct impression that someone had prevented her from saying anything more. It was the first time that I was hearing my sister speak to me directly from the other world.

After that impressive experience, I determinedly began researching on the ways which would enable me to communicate with the Hereafter. I had read many books about spontaneous manifestations, but I had not yet thought about how I could directly exchange with our disincarnated sisters and brothers.

Through my extensive research, I discovered the work written by Allan Kardec, the father of modern spiritism. It is from the information within his book that I undertook verifying my potential mediumnic ability which could help me reach my goals. Through long and difficult writing exercises, a Spirit Guide from the Hereafter helped me develop the gift of mediumship writing. It is with this marvellous gift that most of the information contained in this book was transmitted to me.

Right from the first exchanges, my Spirit Guide communicated with me. He introduced me to other Entities in the Hereafter. He was my main Protector and my Spiritual Advisor. His great knowledge and his moral level, combined with overflowing kindness, made him a high-quality Teacher. Thanks to him, I could finally understand. My thirst for knowledge could be quenched at last, quieting my moral protests and spiritual objections which were the fruits of my ignorance.

For a little more than three years of regular exchanges with the Hereafter, I gathered approximately one thousand two hundred pages, directly written by Messenger Spirits. It is within those pages that I found the precious answers to the multiple questions they were asked. During that time, from September 1983 to December 1986, there reigned an atmosphere of great friendship in my relations with our disincarnated sisters and brothers. There I found very attentive ears, a genuine care for the Truth, and a deep love of humans.

While sorting the communications received, I grouped into two main parts the information likely to be of interest to you.

Part one

The first part, which I entitled “Man and his Nature” is about the understanding of human beings. It provides explanations on what we are in our most fundamental nature. Aspects of human life, which seem absurd, take on a logical meaning. It carries a certain moral teaching, indicating the orientation we should give our life, but most of all, it provides explanations for the main Laws which govern our existence. This first part gives us the point of view of Spirits in the Hereafter, on twenty-eight aspects of human life that directly concern us. Furthermore, it prepares us to better understand the “whys”, and the “hows” of what we are taught about the life of our friends in the after-life.

Part two

The second part, entitled “The World of the Hereafter”, accurately describes many aspects of after-life existence. It gives us a very good idea of the consequences, good or bad, some of our actions entail regarding our post-mortem life. Many testimonies, which our benevolent friends from the Hereafter have generously consented to share with us, shed even more light on the given explanations. Finally, communicating Spirits depict a concrete vision of the other world, taking particular care in making us understand the intimate relationship which unites it with ours.

Understanding who we are and knowing where we are going are essential conditions to becoming closer with our Creator.

I could never thank God enough for having allowed me to go through this extraordinary experience. I now sincerely hope that it will benefit all those who read the humble lines that follow.

PART ONE

MAN AND HIS NATURE

1. **Man's components**

Human reflections on the definition of man has produced many philosophical ideas and theories, from the most obscure to the most enlightened. From the very first sparks of his Spirit, man on Earth has attempted to know himself and understand his very being. This preoccupation with finding an answer to the “Who am I?” question has been raised very early in my communications with the Hereafter.

I could sum up everything I have been taught about the definition of man with this simple phrase : Man is a Spirit in the incarnation phase. In other words, according to the Hereafter, man is a Spirit whose permanent envelope is temporarily tied to a physical body which is the personal vehicle of his incarnation. It is comprised of four basic components : the physical body, the Spirit, the perispirit, and the silver cord.

The physical body

The most obvious component of each human being on Earth is, without question, the physical body. It constitutes the material vehicle which enables the Spirit to act directly in the world of incarnations. The physical body is essentially a temporary instrument which the Spirit uses for spiritual growth.

The physical body contains every carnal impulse. It therefore is an exceptional tool which helps the Spirit overcome the deceitful desires which are fostered by the world of matter.

As far as the Spirit is concerned, the physical body is a truly opaque veil blocking its view. It is a heavy weight to carry, but is essential to his intellectual and moral progress.

During his incarnation period, the Spirit is attached to the physical body from the very first moment of conception until the ultimate time of physical death.

The Spirit

The human Spirit is basically a Divine spark. It shines brilliantly for advanced Spirits, projecting its luminous, cordial, and kind rays. For inferior Spirits, it is like an ember, waiting for the breath of air that will set it on fire.

The Spirit is the basis of our personality. It is the self, the ego, with all its strengths and weaknesses, whether intellectual or moral. During incarnation, it is the Spirit which individualizes the human body.

The perispirit

The perispirit is the Spirit's permanent envelope. It is because of this component that the Spirit is capable of expressing its individuality after death. Without this envelope, the Spirit would only be energy and light, without any particular form. In fact, it is a semi-material body, giving the Spirit the same form as a physical body. It is the perispirit that enables Spirits in the Hereafter to recognize one another.

The perispirit, or perispiral body, is very important for understanding human beings. This envelope of the Spirit is the very base of sensitivity, which reflects everything that the Spirit is going through while in the physical body. All events experienced resonate directly here. After physical death, the Spirit keeps traces here of all its victories and defeats. For this reason, no one can hide anything in the Hereafter because everything, even the most intimate secrets, is inscribed in the perispirit.

This fluidic envelope also gives the Spirit the ability to control its physical body during incarnation. Without it the Spirit could not transmit psychomotor orders to its carnal body. It would be impossible to use it. It constitutes the indispensable tool to any Spirit's action in the material world.

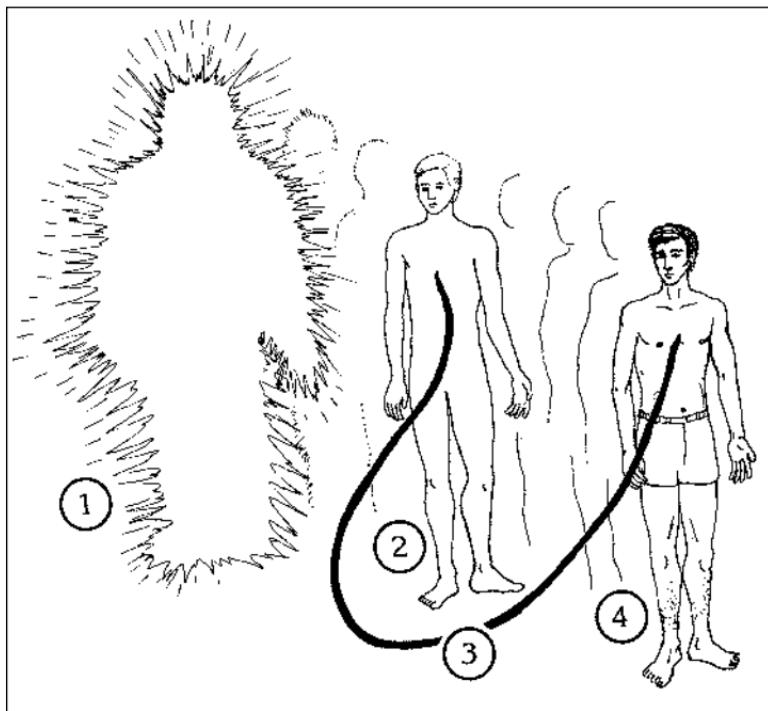
It contains a replica of all the physical body parts. It is similar to a complete physical body, but of a subtler nature through the different incarnations.

During incarnation, fluidic ramifications appear at the top of the head and under the feet, like antennas. Their role is to pick up the cosmic and telluric energies indispensable to physical and mental health.

The silver cord

In order to transmit its vital flow to the physical body, the Spirit needs a direct connection. Much like an umbilical cord, this conductor is an integral part of the perispirit. Spirits call it the silver cord, due to its silvery appearance. For every one of us, this cord is connected to the physical body between the sternum and the upper part of the abdomen.

The description given by Spirits who have manifested corresponds exactly to what I personally witnessed during a painful event that I experienced many years ago. My youngest daughter was seriously ill. Doctors were concerned about her life. She was asleep in her hospital bed and I was watching her and praying God to save her. I then saw that silver cord, as if it was materializing before me. It seemed attached to her chest, slightly above the tip of the sternum. It was going up, over the body, and spiralling. It went all the way to the ceiling, even going through it. It was transparent and white with silvery hues. It was flat, approximately five or six centimetres wide and visible for only a few seconds. My child began to heal after this vision.



1. *The Spirit (The base of our personality).*
2. *The perispirit (The permanent envelope of the Spirit)*
3. *The silver cord (The connector that transmits the vital flow).*
4. *The body of flesh (The temporary vehicle of incarnation).*