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# PHENOMENA

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# PHENOMENA PROJECT

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# Gods, Guides and Guardian Angels

In new age and paranormal circles there is a lot of talk about so-called “supernatural” entities whose first letters all happen to begin with a “g”: ghosts, greys, Gods, guides and guardian angels. Do these beings exist? And if so – what are they?

To answer this question, I must first turn to the subject of: “What happens when we die?” which coupled with the more philosophical: “What is the meaning of life?” constitute two of the biggest questions in religion – and indeed, in any serious enquiry about the nature of existence, whether religious or not. The question of life after death – if it is worth asking at all – presupposes that it is possible for the living to know; in other words that communication between the living and the departed may be possible; and/or that memory of experience prior to this incarnation may be possible; and/or that an innate, inner knowing, or psychic perception may be able to provide the answer. Personally I believe strongly in all three.

There is nothing at all irrational about life after death; on the contrary it is irrational to believe that consciousness can

magically evaporate to the point of total extinction simply because the physical body can no longer support it. This is as nonsensical as saying a person no longer exists because their clothes have worn out. The question: “Do I have a soul?” is like asking: “In these clothes I am wearing is there a person?” This should not be a question at all – it should be the statement: “I am a soul with a body.” Or better still: “I am Divine Spirit with an individualized soul which has a body.”

At death, the subtle body leaves the physical body. The subtle body is very much like the physical body, and is indeed itself physical – but it is made of a “finer” kind of physical substance, which is only visible to the psychic eye. In this state a person is said to be “discarnate” – literally meaning: “without flesh”. The discarnate will move to

a plane of existence which matches their level of consciousness. A very spiritual person who has devoted their lives to helping orphans, for example, would go to a higher plane; whereas a mass murderer would go to a lower plane.

This is not about judgement; it is about nature. Discarnates naturally vibrate to the plane which matches their level of consciousness. There are six planes “above” this one, and four “below” – all of which are still a part of this planet. “Above” and

they were dead; or an extreme attachment to something in their life on this plane. Ghosts vary from the malicious to the harmless, but are never going to be great beings of wisdom and compassion – because a wise person would move on to their rightful plane. Very likely ghosts are scared and confused, and would greatly benefit from a proper exorcism, performed by a psychic who really knows what they are doing. Dabbling in exorcisms as a non-psychic without sufficient experience and understanding can be dangerous.



Most people, however, do pass on to another plane – probably a plane just above or just below this one. Some people may change after death, and become more spiritually aware and spiritually active – perhaps inspired by the realization that life does indeed continue after the demise of the body. However, an ordinary person on this plane is not going to magically transform into an all-knowing, all-powerful being just because they have died; they are, after all, still the same person. So if you go to a medium and he or she gets in touch with your

deceased great aunt, who was a nice ordinary old lady while she was incarnate, please do not expect her to come out with life-changing wisdom just because she has passed on. What she says may be good, or may not.

Communication through a medium with deceased loved ones can be a very helpful way of settling unfinished business in a positive way. However, it should not be protracted over a long period. The person who has passed on, and the person left behind, should move on with their lives on their respective planes without trying to maintain frequent communication with one another, which may hold both parties up in their spiritual progress.

Sometimes someone we have known while they are alive on this plane may become our

“below” do not of course mean “in the sky” or “under the ground”; but refer to the frequency of vibration. The discarnate will stay there for a time, and then be reborn on to this plane. This process of reincarnation continues until the individual has been through all the experiences they need in order to “graduate” – as it were – from the cycle of reincarnation on this Earth. At this stage they either remain on Earth as an Ascended Master in a body that is in effect immortal, or virtually immortal, or move on to a new experience cycle on another planet.

Ghosts are discarnates who fail to pass on to another plane. They remain on this plane, in their discarnate body, which is generally invisible to most people. There could be a number of reasons for their not moving on, such as: refusing to accept that

“spirit guide” or “guardian angel” after they have passed on, watching over us and trying to help us to make the right choices in our lives. Most people are unaware of their spirit guide, and some may be mistaken as to the identity of their guide, but nevertheless a considerable number of us may, even unconsciously, be open to receive certain helpful promptings from someone observing them from a slightly higher plane. There are people who even believe that their spirit guide has saved their lives, which is entirely possible.

But not all spirit guides have a personal connection with the person they are guiding. Spirit guides on higher planes will likely be more interested in a particular domain of spiritual endeavor than in family members from their former incarnation. For example an inspired composer who passes to a higher plane after death, may seek out a composer on this plane, who is open to receive inspiration from them. The composer may not be mediumistic *per se*, or even be at all conscious of what is going on, but could nevertheless be receptive to certain mental impulses from a more advanced frequency of vibration.

As above, so below – regrettably. Just as it is possible for intelligences on higher planes to guide and inspire, so is it also possible for intelligences on lower planes to deceive, mislead, and even – in rare and extreme cases – possess someone on this plane. Often there is some notably negative attribute in the person so affected – such as extreme fear, jealousy or hatred – which such an intelligence may be attracted to, and then use. Genuine spiritual practices, a positive approach to life and a compassionate attitude to others will help to protect us from this kind of negative influence.

This kind of mischievous or malevolent entity will in some cases create a whole fake identity for themselves. Some pretend to be great Masters, and deceive well-intentioned mediums to act as their channels, claiming that what they are saying is great wisdom – which on close inspection it certainly is not. Some pretend to be extraterrestrials – whether it be masquerading as a wise being from a distant planet, or using the guise of being extraterrestrial to put someone through an unpleasant experience, often of a psychic nature. The latter is perhaps the most serious form of interference indulged in by these discarnate’s – who are in every way as terrestrial as you or me – because it deceives people into believing that the genuine extraterrestrial beings visiting Earth are petty and heartless – when nothing could be further from the truth! While there may indeed be intelligences who look like the so-called “greys” somewhere in space, and such intelligences may even be observing Earth, if hostile, such beings are not allowed to

negatively interfere with mankind. What is far more likely is that certain reported abduction experiences are in fact the result of interference from evil discarnate entities intent on causing fear and confusion.

Other planets in this Solar System may be completely, or almost completely, devoid of life on this plane. However, some of our nearest planetary neighbours are home to highly evolved civilizations that exist at higher frequencies of vibration – invisible to terrestrial science as yet. These beings do everything they possibly can to help us, without interfering to the point of breaking the law of karma, which requires us to learn certain lessons by ourselves. One key aspect of their intervention on our behalf is protecting us from invasion by hostile alien intelligences from outside of this Solar System.

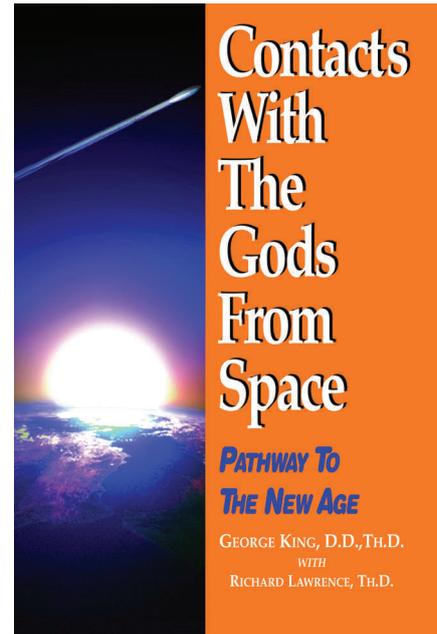
Genuine communication with an Ascended Master or our extraterrestrial protectors is very rare – because it is extremely difficult. A medium needs to be able to attain a similar level of consciousness to that of the intelligence who is communicating through them. Intelligences on Mars, Venus, Jupiter, and so on, are more advanced even than an Earth Master – never mind an ordinary deceased relative. So attaining that degree of consciousness is a very rare feat indeed. Many claims are made – often in good faith – but the messages received do not bear the hallmark of wisdom which distinguishes the wheat from the chaff.

One claim of contact with extraterrestrial intelligences, which I believe is genuine in every respect, is that of Dr. George King, who founded The Aetherius Society as a result of his contacts in the 1950s, which continued until his passing in 1997. The Aetherius Society itself remains active maintaining his legacy and working with beings from other planets.

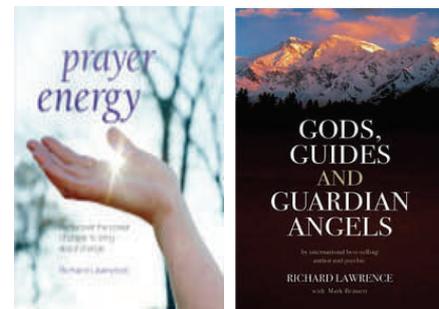
Dr. King was born near Wellington in Shropshire, England, in 1919. As a child he had a strong interest in spirituality, and as a young man became a Quaker. In the mid-forties he took his quest for the meaning of life a step further by taking up the ancient spiritual science of yoga. Not so much yoga in the sense of physical fitness, but rather the higher forms of yoga, such as mantra yoga and kundalini yoga – which he practised for an average of 8-10 hours per day for a decade or so, at the same time as living in London doing a full-time job.

By the mid-fifties, this yoga practice had born a rich psychic and spiritual harvest: Dr. King had developed and refined his abilities and entered some of the highest meditative states achievable on Earth. This qualified him as a suitable trance medium to be a near-infallible channel for Masters from other planets – sometimes respectfully

referred to as “The Gods” due to their advanced evolutionary status, boundless compassion, and heavenly provenance. He received literally hundreds of communications from higher intelligences while in samadhic trance – as well as through telepathy and projection from the body. The wisdom given through him comprises one of the finest sets of spiritual teachings available on Earth today. Practical yet profound, understandable yet taking us way beyond the normal thought processes of the conscious mind, if correctly applied, these teachings are, I believe, able to take us to enlightenment and beyond.



Mark Bennett ([www.markinfo.co.uk](http://www.markinfo.co.uk)) is co-author of *Prayer Energy* and the award-winning title *Gods, Guides and Guardian Angels*, which explains life after death and mediumship in more depth. He is also an International Director of The Aetherius Society.



To find out more visit [www.aetherius.org](http://www.aetherius.org) and join us on facebook. To learn more about higher life in this Solar System, you are recommended: *Contacts with the Gods from Space* by Dr. George King with Richard Lawrence.

