

I M R E V A L L Y O N

Heavens & Hells of the Mind

Chapter 3
KĀMALOKA
THE ASTRAL PLANE



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CHAPTER 3

Kāmaloka
The Astral Plane

The Realm of Desires

The Astral World is the realm of the dead, the place for disembodied Souls, where people go after death. It is a very large world, full of countless millions of human beings waiting to be incarnated, or who have just “died” and are following through the after-death states.

The chief quality of the Astral World is the energies, forces and colours of *feelings, emotions and desires* of all sentient beings. The feelings of humans (MANUṢYA) mix with the feelings of the angels (DEVAS) and those of elementals, animals and plants. The whole Astral World is one big world of feelings and emotions, a thousand times more intense than the “feelings” you experience while in your physical body.

In the East, the Astral Plane is called KĀMA-LOKA, “the realm of desires”, and the astral body is called KĀMA-RŪPA, “desire-body”. In modern terminology, your astral body is known as your *subconscious mind*. On a larger scale, the planetary astral body is known as the Planetary Subconscious Mind, and the solar astral body is known as the Universal Subconscious Mind. Professor Carl Jung called the Planetary Subconscious Mind the “collective unconscious”, an incorrect description because this mind is *not* unconscious; it is merely below your conscious awareness. The terms *subconscious* mind or *subjective* mind are more accurate. The Astral Plane is the Collective Subconscious Mind around and within our planet.

Notice, the Astral World is a “place” (a region in space), but it is far larger than our physical Earth. It embodies all the space occupied by the physical Earth, plus thousands of miles into space around the Earth as well. The Astral Plane surrounds us and interpenetrates us; it is like an ocean which interpenetrates this Physical Plane. In fact, material particles float in the Astral Sea. The matter or substance of the Astral World interpenetrates the substance of the physical Earth, just as the matter or substance of your astral body interpenetrates your physical body. The vibrations of matter in the two worlds differ so widely that beings living in the different worlds, in the same space, are not conscious of each other’s existence. So when you “die” you do not go to another world; you are already there, in your astral body. However, there are many different conditions and localities in the Astral World to which you can go.

KĀMALOKA

Sanskrit: The World of Desires. From LOKA, “world, realm, condition”, and KĀMA, “desires, passions, feelings”. In modern terminology we call it the Astral Plane. The Afterlife. In the Bible it is called “the world to come”, meaning the world you inhabit after you have died.

Kill out Desire?

The Sanskrit word KĀMA means “passion, desire, feeling, emotion, sexual attraction”. KĀMA is that which awakens and mobilizes the energies of the Soul towards a given object, person, ideal or goal in life. KĀMA is *feeling energy*.

In many Eastern Schools one is taught to “kill out desire”. This is an error. One can sublimate some desires and passions, but one cannot attain any goal without a desire for it.

Mind and Desire 235

The Astral Plane is organized into seven subplanes, seven layers or zones, each with many “countries, continents, areas, cantons, districts”. The differences between the seven subplanes are but differences in *vibration*. The seven subplanes of this realm are what we call the *hells, purgatories* and *lower heavens*, all of which are based on *feeling* or *emotion*. All religions (the Sikh, Hindu, Muslim, Jewish, Christian, Buddhist, Taoist, and so on) speak of these realms.

Everything in the lower four subplanes of the Astral World is distorted, confused, ever-changing, full of MĀYĀ (glamour, illusion, confusion, false-perception). In the three highest subplanes, things are more truly “real” or “true”. Herein is to be found the reflection of the *Akashic Records*, the *emotional* history of the planet and of all things and beings upon it. (True and accurate Akashic Records are on the BUDDHI-LOKA, two planes above the Astral.)

The Astral World is the *dream-world* or *dreamtime*, and your astral body is your *dream-body*, the body you dream in while you are still alive on the Physical Plane. After physical death you live continuously in your dream-body. You find yourself in the Astral World, the Sea of the Collective Subconscious Mind of our planet, in your own astral body or subconscious mind, and you live through your after-death life in your astral body as if you were dreaming, except that those dreams are *very real* for you.

The seven subplanes of this realm are what we call the hells, purgatories and lower heavens

Beyond the Astral World

Many spiritualists and religious people call the astral body the “spirit-body”, and an entity dwelling in an astral body they call a “spirit”. But the true Spirit and your true Spiritual Body are far above the Astral World.

Despite all its possibilities, the Astral World is still not the real Heaven World, where all possibilities are infinitely greater! Beyond the Astral World is DEVĀCHAN, the seven subplanes of the true Heaven Worlds, also called DEVA-LOKA, “the place of the Shining Ones”. You enter this realm when you die in your astral body, having lived out your astral life. But later you die even in your mental body (the body of mind, MANAS) and enter the state of Causal Consciousness.

The Heaven Worlds, the seven subplanes of DEVĀCHAN, fall below the more refined formless worlds: the Buddhic and Nirvāṇic Worlds, the Worlds of Light, the home of the Master, Yogī, Saint, Adept, or Mystic of high grade.

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The Underworld

The Astral World has been called by many names:

HAIJES (Greek): the Underworld, the World of Shadows.

SHEOL (Hebrew): a cavern, a cave, a pit. Outer Darkness.

GEHINNOM (Hebrew): the Valley of Hinnom, the Valley of the Shadow of Death. Also, **GEHENNA** (Greek).

KĀMA-LOKA (Sanskrit): the place of desires.

PITRĪ-LOKA (Sanskrit): the place of the departed ancestors.

*No condition in the
Astral World is eternal*

These words were invariably translated as “Hell” by the religious authorities of orthodox Christendom, meaning a place of torment, suffering and God’s vengeance upon the Soul. Yet none of these old words suggests the idea of eternal damnation or hellfire and brimstone as orthodox Christians would have us believe. The English word *hell* is derived from the Anglo-Saxon word **HELAN**, which means “a place of concealment”.

Yet there is a fundamental reality in the orthodox Christian concept of Hell. The lowest subplane of the Astral World does resemble the medieval descriptions in the sense that it is dark, wicked, cruel, cold, unsympathetic and thoroughly evil. It is made so by the evil propensities of the human minds inhabiting this lowest realm of the Astral World where the vilest members of human society congregate after death—the totally heartless elements of society who were motivated only by greed, anger, avarice and cruelty. These human beings, after shedding their bodies, live in a *real hell world of their own creation* where all their intense hate, anger, cruelty and despair is expressed. Their suffering is very real indeed.

Nevertheless, no condition in the Astral World is eternal, because it is a *place which you pass through*. You need not worry, it is most unlikely that you will visit this part of the Astral World.

Seven Conditions in One Astral World

All the great religions taught about the existence of heaven worlds and hell worlds. However, they are not what is dreamed up in the wild imagination of religious authorities!

The people on the Astral Plane (the PRETAs or ghosts, the disembodied spirits) each live on a particular subplane of the Astral Plane. These seven regions are separated from one another by the differing densities or qualities of substance, and these differences of density or quality act as barriers between people who live on one subplane and those who live on another. People dwelling on one subplane can neither see nor communicate with people dwelling on another subplane.

This is not difficult to grasp, since we have a corresponding situation on this plane. The larger portion of the Physical Plane—the four etheric subplanes—is invisible and unrecognizable even to Physical Plane humans! As a further analogy, a deep-sea fish can neither see nor communicate with an eagle in the sky, because the fish lives in the matter-vibration we call water, while the eagle lives in the matter-vibration we call air. It would be impossible for the eagle to dive down and continue its existence under several hundred feet of water.

Similarly, the Astral Plane is composed of layers of matter, and each layer is separated from the others. Thus, even though the Astral Plane is one, there are many different conditions in it, and ordinary people cannot perceive states other than their own, meaning states corresponding with the outermost layer, or shell, of their astral bodies. The people in the hells, purgatories and heavens can coexist side by side and yet, because of their different vibratory frequencies, they will not be aware of each other.

Thus, a person who was depressed, suicidal, intensely violent or full of hatred will see and perceive only people of like nature in the Astral World and will live with them in a mutual hell world. Similarly, people who have been noble, loving, caring and selfless in life will perceive only such people around them, and together they will live in their own heaven worlds. In such a way, you as a Soul will reap the results of your thoughts. Perhaps now you will understand the rationale behind the need to develop the “virtues” as suggested by all the world’s great religions.

*People cannot perceive
states other than their own*

The Law of the Afterlife 410

PRETA

Sanskrit: A ghost or disembodied spirit. A person on the Astral Plane or the etheric subplanes of the Physical Plane.

PRETA-LOKA

Sanskrit: “The Ghost World”. The lower astral realms and etheric-physical subplanes.

The Astral Subplanes

Following is a description of life on the various subplanes of KĀMALOKA (the Realm of Desire), known in modern languages as the Astral Plane or Astral World. We shall briefly describe each of the seven subplanes in turn, beginning from the lowest and working upwards.

*It is from this world that
our nightmares come*

TALA

Sanskrit: Negative vibration. A negative type of consciousness associated with a world or realm.

Mind-Created Hells

The hells are the mental and emotional creations of the sufferer, not a punishment by a vindictive, cruel Deity. "Hell" is quite literally a product of the sufferer's mind, as is the "heaven" of a more saintly person, because *mind* (whether human or angelic) creates the environment in which an entity lives.

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7th Astral Subplane

The lowest subdivision of the Astral Plane is where the hells of all religions are to be found. This realm lies in the fourth dimension, partly on the surface of the physical Earth and partly below it, in the solid crust. Hence the traditional concept of Hell being "down" and Heaven being "up".

The ancients described this realm as a deep pit or hole, as black as night and full of foreboding evil. It appears gross and solid, and the atmosphere is like a black, viscous fluid, objectionable to the senses of the astral body. It is dark, heavy, gloomy, oppressing, dreary and depressing. It feels evil beyond comprehension. Because it is dark, you cannot see, but you intensely *feel* the evil forces and beings that are surrounding you.

It is from this world that our nightmares come. When we consciously or unconsciously slip into this realm of the Astral World during our nightly sojourns out of the body, we experience some terrible nightmare or harrowing experience as if some invisible, dark, evil beings are pursuing us. Terrified and fearful, we try to run but are rooted to the spot, or we try to scream but our tongues are tied, until the very fright throws us back into our bodies and we wake up.

There are few words that can describe the experience of those who enter into the hell conditions after death. The atmosphere of this place is full of terror and hatred, and the company one keeps were heartless men and women during physical life, full of evil passions and violence. The evil-minded people who function on the seventh subplane see only darkness and evil. They suffer here until the gross part of their astral bodies is burnt up, allowing them to be born onto the next levels of the Astral, the sixth and fifth subplanes, where the ordinary person commences his or her sojourn through the Astral World.

The experience of “Hell”, as described by thousands of people and by all world religions, is real. The darkness, the loneliness, the feelings of despair or desolation, as well as the “hellfire” and the “pit”, are *real* to those who experience it. Like all seven subplanes of the Astral World, the qualities of the seventh subplane are Man-made. It is a world made by the evil propensities of human beings.

Who are the Infesting Spirits? 310

The Eighth Sphere

There is another condition, called *Avīṭci* in Sanskrit, the *Eighth Sphere* in modern terminology, and the *Outer Darkness* or *Nether Darkness* in the New Testament. Strictly speaking, this condition is not astral but sub-physical. No matter how inconceivable it might seem, there is a realm of lower vibration than this Physical Plane!

Avīṭci is the *left-hand path* that is followed by the **Black Magicians** and by the **Brothers of the Shadow**. It originates in the use of the forces of Nature for selfish ends. It is characterized by *intense selfishness and separativeness*. It is the *Eighth Sphere*, the home of the *Lost Souls*, those human shells which have become separated from their *Egos [Human Souls]*.

Master DK

Avīṭci is a *state of consciousness*. It can take place not only in the after-death state, but on Earth as well. It is the last of the eight hells, where culprits die and are reborn without interruption... yet not without a hope of final redemption. *Avīṭci* means “uninterrupted hell”.

Master DK

There is really no “eighth sphere”; since all the planes are sevenfold, so there can only be seven subplanes of the Astral World. But this hell world is a real place in the very lowest regions of the Astral World. Here gather all the darkest forces and emanations, the vilest things of both the Astral and Physical Worlds. Here is all the darkness and evil of the diseased and sick minds of Mankind, materialized and personified.

This region is the sewer of the Astral World. It is here that the “Lost Souls” dwell, the “living-dead” who in their earthly lives committed atrocious crimes. Many of these criminally insane people were possessed when

committing their heinous crimes; now they, in turn, can possess other victims and further delight in foul deeds. It is from this realm that the obsessing “devils” and “demons” possess people. These “devils” are disordered humans or, in some cases, wicked elementals and non-human entities. The *vampires*, the *werewolves*, the *incubi* and *succubi* (demon lovers), and the “man in the grey world” also come from here.

There are unspeakable evils on this level of the Astral World, worse than any fictional concepts of Hell. This world is composed of dead matter of the Astral and Physical Worlds. The early Christians, and the Hebrews and Greeks before them, called it the *Outer Darkness*.

In this place you “see” but you do not see. The “air” is formed of a viscous black fluid, full of terrible odours like burning sulphur and noxious gases. It is not like a darkness or night of the Physical World; this is a thick, impenetrable darkness, alive yet dead, hopelessly evil and nightmarish. You sense an oppressive darkness all around, where the damned souls of men wander about reliving endlessly their suicides or the circumstances of their murders. You feel alive, yet you feel as if you are being suffocated by some invisible powers, as if someone is sitting on you or trying to choke you. Instead of buoyancy of life, you feel decay, death and decomposition, hopeless despair, cruelty and loneliness.

The basic quality of this realm of the Astral World is fear, the eternal sense of being persecuted, and the endless reliving of one’s horrors over and over again.

In Latin, this realm was called the *INFERNUS*, “the infernal region, the inferno”. There is a murky fire which casts a macabre glow in some parts of this realm; hence the religious ideas of *hellfire*.

*These people perpetuate
physical life while in an
astral condition*

5th and 6th Astral Subplanes

The fifth and sixth subplanes of the Astral World (and sometimes the fourth) are known as the *Reflection Sphere* because they are a reflection, in astral matter, of the Physical Plane. Everything there resembles the Physical World, and the background scenery is of this world. In these realms, people see *mostly our world* and very little of the real Astral World. These people merely *perpetuate* physical life while in an astral condition. They talk, think and function the same way as in physical life, and carry on living the same way as before by habit, except they do so in their astral bodies. They eat, drink, travel on buses and go to work! This is why the deceased who go to this realm (due to the sympathetic vibration of their astral bodies) often say that the afterlife is the *same* as physical life.

It is to these two subplanes of the Astral World that the majority of the dead, the vast masses of Humanity, go after death. These are the “ordinary folk” whose consciousness is worldly and materialistic. These are the “earthy” people who, in their consciousness, concern themselves only with earthly matters, with relatives and friends, their profession or work, and so forth.

Many of the “spirits” and “spirit-guides” of the average medium come from these realms. They are of low intelligence, colourless, mundane and uninteresting.

The Earthbound Spirits 403

Earthbound

In the after-death conditions of the Astral and Mental Planes, your life is exactly according to the condition of your mind, as is your ability to communicate.

When the average person dies, he or she goes to the fourth, fifth or sixth subplane of the Astral Plane. People there live and think exactly as they did on the Physical Plane, thus creating a replica of the Physical Plane environment by their thought-powers. They do not know it, but in truth they are earthbound, or *bound to physical consciousness*.

Often spiritualists and mediums do not know that these so-called higher worlds are, in fact, still the same Earth that we are living on. Humans living on the lower astral subplanes mistakenly think they are living on worlds other than Earth, and talk *down* to people who

live in the physical body on the Physical Plane of the Earth-globe. They think they no longer live on Earth! They are vastly deluded. So, you see, there are ignorant and deluded people on the Astral Plane also—most of them, in fact.

While these people are earthbound in their consciousness, they are not to be confused with the *earthbound spirits*. Earthbound spirits are people who have left their gross physical bodies but are still on the Physical Plane in their etheric bodies. They have not yet made the transition to the Astral Plane.

Also on the etheric portion of the Physical Plane are angels (non-human beings) and other humanities from other planets or other realms. But these people and angels in etheric bodies are *not* earthbound.

4th Astral Subplane

Progressing upwards, the subplanes of the Astral World become increasingly refined. Although they concern themselves with earthly matters, people on the fourth subplane are beginning to look forward to moving on to higher subplanes of the Astral World. They are slightly less “earthy” and the earthly forms of this realm are more refined. They live in a more refined earth-like condition.

The “spirits” or “spirit-guides” who communicate through mediums or channels from these conditions are more refined and intellectual, though they still concern themselves only with mundane affairs of the Physical Plane.

*The highest three subplanes
of the Astral World are
more truly astral*

3rd Astral Subplane

The third subplane of the Astral Plane is still more pure, refined and luminous. It is from this realm that the word *astral* came. *Astral* means “shining, like starlight”. The highest three subplanes of the Astral World are less material and more truly astral—that is, *starry* in character. These are the “lower heavens”, also known as Summer Land, Happy Hunting Ground, Valhalla, New Jerusalem, and the Golden City with a Thousand Gates.

The human beings living in these realms are much more removed from “earth-life” and shape their environment much more perfectly. They build cities, schools and libraries, as well as luxuriant parks, gardens and forests.

It is here that one finds the *materialistic* heavens of the Christians, the Jews, the Muslims, the Hindus, the Buddhists—all those who conceive of heaven as *forms*. The Hare Krishnas have their heaven here, where Krishna plays His flute and lives in fantastic “heavenly” palaces. Here is the fundamentalist Christian’s New Jerusalem, the City of Gold. All *materialistic* concepts of heaven are here—the “form-heavens” built by the thoughts of devotees and energized by their devotions. “God” will appear here in any shape or form, corresponding with the ideas of the devotee. Here are all the *literal* heavens of all the scriptures.

The spirits and guides who communicate from here through mediums and channels are usually religious, dogmatic and condescending. They think themselves to be very great and talk down to us “mere earthlings”. They forget that they too are on Earth, but in a more

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*In the invisible realms,
ideas are things*

The Grand Illusion

Though it appears very real to the people living there, it must be remembered that the Astral World is a *grand illusion*. Because they have been conditioned by the physical body and perpetuate this conditioning in astral consciousness, people do not realize the full potential of the astral body in the *real* Astral World. Instead of living fully with the powers of an astral vehicle in a free-flowing Astral World, people live in artificial creations, imitating this world! This is why the Gnostics called the Astral World the *Reflection Sphere*.

Beyond Phantasia 686

refined condition. They patronize us, look down upon us and think of us as somewhat backward. They always say they are on a higher dimension, or from another universe or galaxy, or from a parallel universe, or from other planets or star-systems. They can be arrogant and are often ignorant. Many of them work in groups, which is why there are so many *pseudo-hierarchies* on the Astral Plane, all claiming to be the Great White Brotherhood or some special council or whatever.

2nd Astral Subplane

The second subplane of the Astral World is still more refined. Here are artists of all kinds—artists who had great talent but were, at the same time, materialistic. Here you would find, for instance, Salvador Dali, Picasso, and others. This is a very creative, intellectual, artistic subplane, but the spirits here were somewhat materialistic during their physical lives; they lived for “name and fame” and for money.

Spirits who communicate from here may have been doctors, artists, scientists, musicians or religious people. Their messages would be more refined, intellectual and profound than those from the realms below. They could be wiser and are not likely to claim “omniscience”. Or, from this realm you could have communications from *misguided messiahs* (messengers of God) who think they are the Christ, the Buddha, an “ascended master”, a “space-being”, or other strange titles.

The environment of this subplane is luminous and exquisite, and some people become deluded into thinking it to be the highest heaven.

1st Astral Subplane

The first subplane of KĀMALOKA is the “intellectual heaven” of the philosophers, thinkers, mathematicians, scientists, theologians, psychologists, educators, metaphysicians—those who used extensively their rational, reasoning, logical mind (which is, in fact, the *lower* mind). In their physical lives they *glorified* the lower aspect of the mind: reason! They spend their time on this subplane quite happily in intellectual pursuits, trying to understand all things through “divine reason”. They do lots of “studies” and play with “ideas”. In the invisible realms, *ideas are things*. They can see them, feel them and experience them.

Some of these people don't believe in the existence of a Soul, for they cannot "prove" its existence, just as they believed they couldn't prove it on the Physical Plane. Proving anything is just an *intellectual idea*, and since they believe that the "idea" is incorrect, they believe they cannot prove "afterlife". They still glorify the rational mind with all of its limitations and tedious processes.

Here you also find businessmen, politicians, churchmen, welfare workers, doctors, teachers, lecturers, and so forth.

Communications through mediums from the spirits of this subplane are very intellectual. These spirits can be Earth-oriented; they might concern themselves with the welfare of Humanity, but welfare on the *material level*.

Communications from the spirits of this subplane are very intellectual

<p>6</p> <p>KĀMALOKA The Realm of Desire</p>	<p>The Lower Heavens</p> <p>Summerland. Valhalla. The New Jerusalem. The Golden City with a Thousand Gates.</p>	}	<p>The 'Intellectual Heaven' Glorifying the Lower Mind</p>	<p>1</p>	<p>COSMIC 'LIQUID' SUBPLANE OF THE COSMIC PHYSICAL PLANE</p>
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The Seven Subplanes of the Astral Plane

‘Eternal’ Heavens and Hells?

The early church understood the various conditions of the “afterlife” (Purgatory, Hell, Heaven, Paradise, and so forth), but later on the knowledge was lost as ignorance and darkness took sway. Even the ideas of an “eternal” hell and an “eternal” heaven are true, but not as presented to the public by the church after it had lost the facts.

The concept of roasting in hellfire for Eternity is simply an out-of-context translation of the Greek word ΑΕΩΝ. In some contexts it does mean “eternity”, while in other contexts it means “a period of time”. Sometimes people are, in fact, “condemned” to suffer hell for a period of time (in our physical sense).

The sense of time, as we understand it, exists only in this physical dimension. Consciousness functions differently in the inner dimensions; the higher you go in the inner worlds, the less sense of time and space you have. When you die, therefore, your sense of time and space radically changes. If you find yourself in a hell-condition of the mind (through evil thoughts), it appears to you as an eternal or permanent condition, as does heaven.

There are people who have been in the hells of the lower astral subplanes for several centuries now, including evil politicians, kings, despots, rulers, popes, “holy inquisitors” and all manner of evil people. Because their minds are fixed in hellish thought-processes, they live in a “hell” which appears to be eternal.

There are also “good souls”, mediocre souls who did charitable things while in physical bodies, who are now enjoying an apparently eternal “heaven” (purgatory) in the middle subplanes of the Astral World. They have no sense of time or space as we know them. They are not aware of the hell-worlds of the mind, in the same way as the people in the hell worlds are not aware of those living in the better worlds above. This curious fact, this “no sense of time or space”, makes it possible for people to feel that they are in an eternal condition, and also ensures that they are not aware of any condition other than that which is suitable for them.

The average man, woman or child, however, experiencing any realm of the Astral World, after a while will move onto a higher realm. Only a very few truly “dedicated” personalities stay for long periods in the lowest hells.

ΑΙΩΝ, ΑΕΩΝ

Greek: Eternity, Everlastingness.

An Age. A period or cycle of time.

A power emanated from the All-Oneness.

Hell is not eternal in our time-sense, but it seems eternal to the person experiencing it. In our time-sense a person may spend a few months in the hell worlds, or years, or even centuries. But each moment of hell seems like an eternity to the unfortunate sufferer.

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Rearrangement of the Astral Body after Death

After physical death the personality lives in the astral body, but the astral body is not quite the same as during earthly life. During physical life the astral body is always in motion; the astral matter is freely circulating in the astral body due to the continually changing moods, desires and feelings. After death, however, the intelligence within the astral body rearranges the matter of the astral body so that the coarsest substance is on the surface and the finest substance is on the inside. This prevents the free circulation of astral matter and the personality can respond only to those vibrations corresponding with the coarsest, outermost layer of the astral body. This means that those men and women who were evil or violent during their physical lives can experience only those low vibrations, so that they live in a veritable hell world. In others, the lowest vibration equates with purgatory.

In time, the outermost layer of the astral body disintegrates, enabling the personality to rise to the next level of the Astral World and, later on, to still higher subplanes. This “rising up” the subplanes is not a movement in space, but a movement in awareness or consciousness through the purification of the astral body.

The curious fact is that the average “dead” person cannot see the Astral Plane as it really is; he or she sees and experiences only those vibrations which resonate with the outermost layer of his or her astral body. Thus, two people standing next to each other on the Astral Plane, but vibrating at differing rates, are to all practical purposes on different subplanes of the Astral World and are unable to perceive each other. Only a person whose astral body is not rearranged, but remains free-flowing, can perceive the Astral World as it really is.

Only a person whose astral body remains free-flowing can perceive the Astral World as it really is

The differences between the seven subplanes explains why there are so many versions of the after-death conditions described by psychics and communicators from the Astral Plane. The astral spirits or “guides” can give the story only according to their own experience and perception of the Astral World. It takes time for the average person to gradually move up the various subplanes into the highest and truest astral life where they discover the full potential of living in the Astral World. There *are* people who have been trained to move into the various subplanes with relative ease, but these are exceptions to the rule.

Life in the Astral World

When entering the Astral World after death, humans at first speak normally. Later, they adapt to *telepathy*. They communicate by thought, using the language they were accustomed to in their physical bodies. Telepathy is the natural mode of communication between sentient beings in the Universe.

Telepathy is the natural mode of communication

There are no shadows on the higher Astral Plane, or on any of the planes above, for astral matter is self-luminous. On the higher Astral Plane the Sun shines continuously, although it is not glaring. The astral Sun is never obscured by clouds, rain, snow or eclipse, nor by the Earth itself; thus there are no days or nights on the Astral Plane, but a continuous, diffused glow. The climate is always pleasant and warm. There is no need for clothes, yet people still wear them out of habit! There is no need to eat or sleep, but people still do so.

People in the Astral World build hospitals, theatres to entertain themselves, temples, churches, mosques and synagogues for worship, and they worship in the same way as they did while in the physical body. Those who are religious see God in exactly the form they imagine It to be. Relatives keep together and people congregate according to their interests in physical life. People overcome their physical disabilities and live a “normal” life. The old become young again and the babies grow up.

People can form new relationships on the Astral Plane, and they can have astral sex (which is a commingling of the astral bodies), but they cannot have children. It is common for people on the Astral Plane to have sexual union. The experience is a thousand times more intense and joyous than the corresponding act on the Physical Plane, and people can be a thousand times happier in their relationships than on the Physical Plane. Children can be produced only on the Physical Plane, however; hence the importance of the physical body.

People tend to gather together on the Astral Plane according to their affections. Husbands and wives who did not get along in physical life separate and live with others whom they feel drawn to. Generally, people live only with those whose thoughts and feelings are harmonious with theirs.

The real significance of sex can be appreciated only in the astral body. Sex on the Astral Plane is a most beautiful, inspiring, living experience. Even being near the astral body of someone you love, or touching his or her hands, sends an intense wave of joy through your being. Astral sex is not localized and limited as in the physical body; rather, it is a total commingling of your astral bodies. It is like being in a radiance, a sunshine of well-being, or a field of intense joy and livingness.

Many people cannot experience sex on the Astral because of their limited and misconceived ideas of sex on the Physical Plane. They carry this inhibition to the Astral also.

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There are people whose job it is to look after animals on the Astral Plane. Animals communicate by telepathy which humans can clearly understand. On the Astral Plane, wild animals are tame.

There are places in the fourth, fifth and sixth subplanes of the Astral World, called “hospitals” or “cleansing stations”, where people are given help much along the line of psychological counselling, and their position in the Astral World is explained. The cleansing stations employ colour and sound vibrations to raise the vibration of the patient, purifying the astral body so that the person may perceive the first, second and third levels of the Astral World and enter the *real* astral life.

People in the Astral World think of their astral bodies as *real* in the same way as people down here think of their physical bodies as real. They *identify* with their astral bodies. They believe themselves to *be* their astral bodies. Identification with the astral body is the bondage of the Astral Man.

At a certain stage of the astral life you come to realize that you can do more than you could do in your physical body. You can develop all your talents and even acquire new ones. On the Astral Plane you plant flowers by thought-seeds and they grow.

One of the most important facts to understand about the after-death life is that, when a person casts off the physical body, he or she does not suddenly change and become an angel, a master, a saint or a wise guide. This explains why the “messages” coming through clairvoyance or mediumship, as practised by spiritualists, are so mundane and inconsequential. The “dead” person retains the same intellect, emotions, mental habits and speech patterns, and the same knowledge or lack of it.

Hell, Purgatory and Heaven are not localities, but *states of consciousness*. They are the result of one’s sum total of feelings, thoughts and desires projected into the astral life and reflected in the Astral Light after death. In the after-death states there are just as many varieties of intellect and intelligence as in this world. ✽

*Identification with the
astral body is the bondage
of the Astral Man*

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