

# Graduating Earth



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## **Graduating Earth**

As our culture has become more scientific, our medicine has progressed to the point where we can now resuscitate more and more people, and as a result, we now have more NDE's than ever before in history.

It is estimated that up to 15% of people have a near death experience (NDE) at least once in their life. These experiences range from leaving their body, traveling down a tunnel and meeting deceased relatives to having a panoramic life review with telepathic angels and visiting celestial realms.

The sheer number and consistency of such reports cannot be ignored. NDEs can occur in the complete absence of brain waves so we cannot ascribe them to a failing brain. I believe that these are real phenomena, gifts from the celestial realms, to help those of us here on Earth.

If NDE reports are accurate and are a kind of afterlife reconnaissance, what practices might we want to cultivate based on what they reveal? As a result of meditating on this topic, I came up with

three practices which are the basis of this short book.

## **Telepathy**

According to those that have had NDEs, in the afterlife our thoughts are known to all. We are all telepathic. Here on earth, we can entertain unevolved thoughts and no one is the wiser. If we are lying to someone but are convincing, they may never know. If we are gracious on the outside but judgmental and prejudiced on the inside, it remains hidden. If we speak one way, but our actions do not follow, our hypocrisy can remain a secret.

Not so in the afterlife. We are told that thoughts are communicated instantaneously and without the limitations or miscommunications of language. In the place of speaking, a knowing is transferred from one to another. No secrets are possible.

Was I ready for such a world? To find out, as an exercise, I decided to go about my day acting as if my thoughts were known to all. When I first did this it was a shock to me. I was in a store and I passed by an overweight tattooed couple. I thought 'white trash' then stopped. What if they heard my

thoughts? Their feelings would be hurt. I quickly mentally apologized for judging them. The next day I was in line at the checkout stand and looked at the shapely body of a female cashier. I had a mild surge of testosterone as I saw her form. Again, what if she heard my thoughts? Would she be offended? Frightened? I'm in a monogamous relationship. How would my partner feel? Insecure? Again, I mentally apologized for my thoughts. My mind was clearly unevolved. I would be a nuisance in a telepathic afterworld.

This then became the basis of the First Practice. To act as if we are all telepathic and every thought is known.

## **Life Review**

The afterlife has a debriefing period that has been called the Life Review during which a being of light, compassion and wisdom shows us every action of our lives both from our perspective... and the perspective of those we interacted with. Nothing is left out. We feel how others felt as we interacted with them for good or ill.

We are then shown how each action rippled out into the future. If we were kind, then the person who received that kindness could be seen radiating kindness to others and the chain reaction continued. The same was true for sufferings we caused others.

As you look back at your life, you may think, “Well, that action may have hurt someone, but it was the lesser of two evils...” This is a key point. Only a small percentage of people are truly psychopathic. The rest of us are not evil by nature, yet we do evil. Why? If we are given the choice between two evils, we will choose the lesser of two evils, yet this still means that we are choosing... evil. It is a trap.

Consider the following story of Jesus Christ. A woman was about to be stoned to death. There may have been other people there who didn't want to see the woman killed but what could they do? If they spoke out, the woman would still die and they might themselves be killed themselves for challenging the law of the time. If they said nothing, the woman would die. The lesser of the two evils was to remain silent. Jesus found a third option. He said “Let he who is without sin cast the first stone.” Jesus didn't try to stop the entire crowd, nor did he stay silent and watch the woman be murdered. He

found a 3rd option. He only tried to stop a single person, the first person. Of course without a first person, there be no second or third. The crowd dispersed and the woman lived. If there are other choices, it is up to us to find them. To overcome evil, we must use wisdom to transcend the two option trap.

What about when someone behaves poorly. It is natural to respond with anger (emotion) and judgment (thought). If we are cultivating the first practice (Telepathy) then what is the most evolved way to respond? We could say that they deserve to know our judgment and anger, but it is likely that their minds would respond as most unevolved minds do. Rather than take responsibility and apologize, they would simply minimize, justify or counterattack. Then the negativity they felt as a result of being criticized would ripple outwards to everyone they met. We are all connected.

It is impossible to be negative towards one person and one person alone. That energy will always have unintended consequences, create collateral damage, affect innocent bystanders. Someone does us wrong and we retaliate. They go home and are mean to their spouse. The spouse is

impatient with the child. The child kicks the cat. Energy ripples out. What is the wise third option here?

Our model should be the evolved beings of light at the Life Review that show us what we have done and how we have made others feel from a state of compassion. We do not have that ability, but we can approximate it. The closest communication style I have found to this is Non Violent Communication (NVC) as taught by Marshall Rosenberg.

Alternately, you could follow the advice of the sage Patanjali who said that to have a peaceful mind, one should: “cultivate friendliness toward the happy, compassion for the unhappy, delight in the virtuous, and indifference (Space element *Ed.*) toward the wicked.”

Keeping all of this in mind gives us the Second Practice. Remember that we are all connected and the results of our actions ripple out into eternity.

## **Positive Emotional Upgrade**

In the afterlife we are told that location is not primarily determined by spatial coordinates, but by emotion. People with like feelings are attracted to

one another. A 'location' is simply a dimension where people who are experiencing the same emotions have gravitated together. Once you arrive in a dimension, you can navigate in the more traditional way; You can walk, fly or transport yourself, but to change dimensions, it is a matter of emotion. If we are full of gratitude, we will find ourselves among beings singing praises. If we are indulging in negativity, we will find ourselves in a 'location' with others with the same negativity. There is no way 'out' of a negative dimension other than changing your emotional makeup.

If you have a habit of indulging or justifying negative emotions, one way you can confront yourself with the value of those emotions is to ask yourself the following question. Would you want to spend 10 years locked in a room with 10 people who had that same emotion? Remember, in the afterlife, emotions determine location.

Feeling angry about an injustice? Would you want to spend 10 years locked in a room with 10 people that were angry? Better to practice being forgiving now.

Feel greedy about something? Would you want to spend 10 years locked in a room with 10 people that were greedy? Better to practice generosity now.

Those two are easy. They affect other people. What about fear, shame or guilt. They don't necessarily hurt anyone else so we might not consider them negative in the same way but ask the question. Would you want to spend 10 years locked in a room with 10 people that were feeling fear, shame or guilt?

I believe that the 'hell realms' that a small percentage of those that experience NDEs visit is a result of this phenomena. They simply gravitated to a dimension with other people just like them, and the experience wasn't pleasant.

The 'room' in this question represents two places. The 'location' of the afterworld that we gravitate to but also our own minds. Here on earth we are indeed locked in a room, but with only one person. On earth, the room is our skull and the other person is our our mind, our narrative.

What about the positive versions of the Elements. What about feelings of faith, forgiveness,

gratitude, surrender and humor? Would you want to spend 10 years with 10 people that felt these emotions? I believe that the 'heavenly realms' that most people that experience NDEs refer to is also a result of this same phenomena. They also gravitated to a location with other people just like them, and for them, the experience was blissful.

So, how do we maintain positive emotions? In the third book, Purification of the Five Elements, we learn how to upgrade emotions from very negative to only slightly negative or neutral.

Fear becomes concern

Anger becomes inconvenience

Materialism become preference

Sadness becomes disappointment

Apathy becomes being meditative

If you have already been working on emotional upgrades for some time and if it feels authentic, I invite you to continue to the more advanced upgrades. Now we go from mildly negative or neutral to positive. In this case:

Concern becomes faith

Inconvenience becomes courage

Preference becomes gratitude  
Disappointment becomes acceptance  
Meditation becomes humor

When we are upgrading emotions, we are actually using the Space Element to create the 'Space' that allows us to step back and gain the perspective necessary to do the upgrade in the first place. There is a pitfall however in that in the process, we can end up with too much Space Element. It is important not to mistake the disassociation of the Space Element in meditation for wisdom.

There are two ways to deal with an excess of the Space Element. The first is humor. Simply laugh at the impossible situation you find yourself in. You don't know what you are, where you came from (pre-birth) or where you're going (afterlife) yet you must still make decisions in every moment. impossible, untenable. A cosmic joke of epic proportions. There is no answer so we must laugh at a joke whose punchline we will never understand.

We can use humor to keep us from getting stuck in existential crises that excessive disassociation (Space) in meditation can cause. Humor is a very

powerful tool, which is why many of the greatest spiritual practitioners are so mirthful. They understand the power of humor.

The second way is with Purpose. You find a meaning to give your life. This is balancing Excessive Space with the other four Elements. Go back into the world with faith, courage, gratitude and acceptance. Space tells us that there is no purpose... so we create our own. Our choices in dealing with excess Space? Laugh at the void or fill it with meaning.

This then is basis of the Third Practice. To authentically cultivate positive emotions.

## **Making sense of the world**

As I began these practices, it soon became obvious that I am not ready for the afterworld. In a telepathic world, I would be a nuisance. My actions do not display wisdom, and if I were to be transported to a place with people who shared my emotions, far too often, I'd be in poor company.

Now this world begins to make sense. Why are we so disconnected from one another? It is a

protective measure. We don't think well enough to be ready for telepathic union. We're not ready to have our thoughts heard or hear the thoughts of others.

Why entropy? Why is the world in a continuous state of falling apart, always requiring work to maintain it? It is a protective measure. Entropy puts a damper on the ripples our actions create. No matter how how bad the situation we create or find ourselves in, everything falls apart here. We don't act wisely enough to be ready for creating things that last forever.

Why am I here on earth at all? Why not learn these same lessons in the afterlife? Again, it is a protective measure. Even though the residents of heaven might have compassion for our unevolved thoughts and want to help us learn how to act with wisdom, unevolved emotions would take us to dimensions in the afterlife inhabited with beings at our own ignorant level of development. To stay in the afterlife before we are ready would not be to our benefit.

As much as I would like to live in a celestial realm with wise and compassionate beings, I

recognize now that I belong here... at least for now.  
I'm simply not mature enough for heaven yet.

Earth is a school for souls and I have not yet mastered my lessons. So, thought by thought, action by action and emotion by emotion, I strive to cultivate the faith, courage, gratitude, acceptance, purpose and humor that I still need to learn.