

SPIRITUAL DIRECTIVE

Planning Document

My selected doula is: _____

My group of allies: _____

In my Sacred Space:

I consider special objects to be: _____

This is where I would like to be during my last days: _____

This is the music I would like to hear:

I would like to have these Mediations / Affirmations / Essays playing in my last days: _____

These are other things for you to consider: _____

People to contact, messages to give should I die suddenly.

If I don't have time to say it: _____

Honor my memory by: _____

I am most grateful in my life for: _____

I seek forgiveness from: _____

I easily forgive: _____

My highest spiritual intention is: _____

Memorial Wishes: When the time comes to say goodbye.

My color preferences are: _____

My favorite music selections are: _____

Attached are some readings that I like: _____

Thoughts about flowers and charitable contributions:

My ideal memorial service would be: _____

(location, time of day, setting, etc)

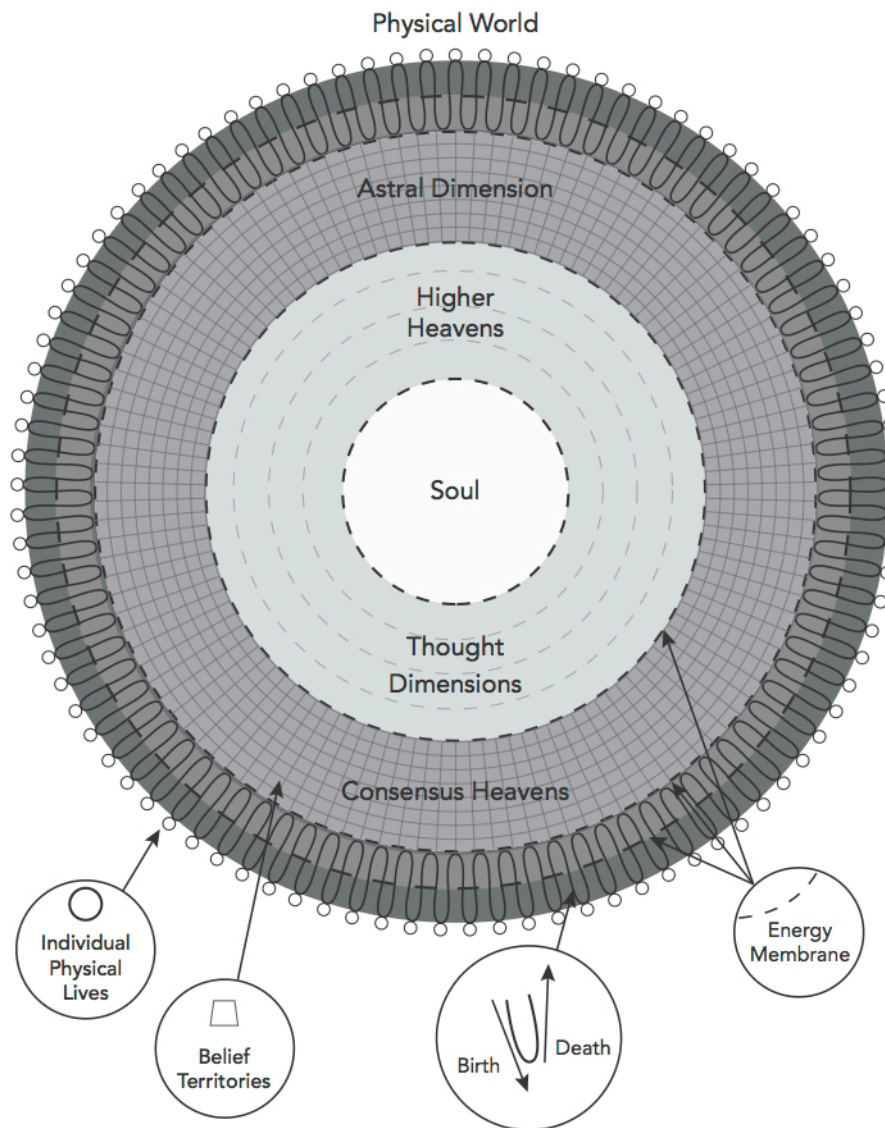
I do not want this: _____

My words of farewell: _____

The Filter of Heaven

(The Education of Soul Through Form)

Individual learning experiences into the physical universe
and back to the astral dimension (multiple journeys)



The evolution of soul through extensive experiences within form-based realities. Humans remain cloistered within the dense outer dimensions until they develop the qualities of an evolved soul. Millions of consensus realities exist created by the collective thoughts of the inhabitants.

Our State of Consciousness and our Emotional Frequency will Influence the Reality Experienced in the Afterlife

Emotional State at Death	Energy Frequency	Potential Afterlife Environment
<p style="text-align: center;"><i>Very High</i></p> <p style="text-align: center;">↑</p> <p>Unconditional Love Joyful Enthusiastic Optimistic Serene Hopeful Merciful Sympathetic Indifferent Apathetic Fearful Prolonged Grieving Resentful Guilty Jealous Angry Vengeful Hateful Self-Loathing</p> <p style="text-align: center;">↓</p> <p style="text-align: center;"><i>Very Low</i></p>		<div style="background-color: #f0f0f0; padding: 5px; text-align: center; margin-bottom: 10px;">Enlightened</div> <p style="text-align: center;">These realities are filled with light and love promoting creative positive experiences through a wide array of healing centers. Advanced spiritual education and training leads to high mobility with the ability to enter and explore multiple realities/heavens.</p> <div style="background-color: #f0f0f0; padding: 5px; text-align: center; margin-bottom: 10px;">Mundane</div> <p style="text-align: center;">There are countless consensus realities and belief territories with a non-challenging, repetitive lifestyle in a stagnant landscape. This is supported by rigid thinking and indoctrinated beliefs driving constrained spiritual mobility.</p> <div style="background-color: #f0f0f0; padding: 5px; text-align: center; margin-bottom: 10px;">Restrictive</div> <p style="text-align: center;">Confined to an unchanging physical-like perception of reality, there is no spiritual mobility here. This is a world of darkness, intolerance, and addictive behaviors with the inhabitants limited to a single location or reality.</p>

Mobility of Soul/Consciousness in the Afterlife

Limited to a Single Nonphysical Reality (Heaven)

Least Freedom of Movement

Indoctrinated physical self-identity
Rigid mindset
Follower of belief systems
Attached to a familiar physical environment
Many physical attachments
Inflexible thought patterns
Negative mindset
Self-centered
Unresolved baggage and regret
Holding on to self-destructive thoughts

Ability to Experience Inter-dimensional Movement

Enhanced Freedom of Movement

Non attachment to dense human form
Open minded
Spiritual explorer
Open to change
Detachment from material possessions
Flexibility of consciousness
Positive approach to challenges
Selfless acts
Physical life goals completed
Filled with love and forgiveness