

Table of Contents

Foreword	7
I. Where Did I Come From? Where Am I Going? – Life After Death, the Journey of Your Soul	9
Introduction	10
Death Is Not Destruction, but Transformation	14
How Does Dying Take Place? What Does the Soul Experience when It Leaves the Body?	18
The Soul Detaches Itself According to Its State of Development	22
Where Will Our Souls Be One Day?	28
What Does the Mourning of the Bereaved Mean for the Soul?	31
What Is the Meaning of Our Life on Earth?	33

II. Questions and Answers	37
Foreword	38
Help for the Dying Person	39
Medical Help	44
When the Soul Leaves Its Body	47
Burial of the Body	
Contact with the Deceased	54
Suicide	63
Sowing and Reaping and Reincarnation	68
The Purification Planes	76
General Questions	87
Recommended Reading	93