

# *The Soul Book*

## **Table of Contents**

<b>Table of Contents.....</b>	<b>3</b>
Dedication.....	7
Acknowledgments.....	8
Preface.....	9
Prologue.....	10
Introduction.....	11
<b>The Other Side.....</b>	<b>17</b>
What is the Other Side?.....	17
What is a Spirit?.....	18
What do Spirits look like?.....	20
Have all Spirits on the Other Side lived on the Earth at some time or another?.....	20
Are there bad Spirits?.....	21
How many Spirits are there?.....	21
Is there an in-between place before you enter the Other Side?.....	22
<b>What are some of the levels on the Other Side?.....</b>	<b>23</b>
Earthbound Spirits.....	23
Physical Reality Spirits.....	24
Memory Spirits.....	24
Teacher and Guide Spirits.....	26
Master and Saint Spirits.....	27
Christ Consciousness Spirits.....	30
God Spirit.....	31
<b>Defining the Soul.....</b>	<b>32</b>
What is the difference between a Spirit and a Soul?.....	32
Old Soul.....	32
Soulmate.....	33
Walk-In.....	34
Aspects.....	35
Karma.....	38
DejaVu.....	41
Séance.....	42
Doorkeeper.....	43

**Mediumship.....44**

Psychometry.....45  
Automatic Writing.....46  
Channeling.....48  
Clairaudience.....50  
Clairvoyance.....50  
Clairsentience.....52  
Telepathy.....53  
Trance.....54  
Transfiguration.....56  
Materialization.....58  
Independent Voice.....59  
Apport.....60

**The Seven Bodies.....61**

Physical Body.....61  
Etheric Body.....62  
Astral Body.....63  
Causal Body.....64  
Mental Body.....65  
Spirit Body.....65  
God Body.....66

**Spirit Phenomena.....67**

What creates Spirit Phenomena?.....67  
What are Poltergeists?.....68  
What are Ghosts?.....69  
What does it mean when a room suddenly gets cold?.....70  
What is it when I catch a glimpse of something out of the corner of my eye?.....71  
Can a Spirit ring a phone and even communicate on it?.....71  
Can a Spirit move objects?.....72  
What about spoon bending?.....72  
What about Miracles?.....73  
Can Spirits show themselves on photographs?.....73  
What are some other ways Spirits make their presence known?.....74  
Psychic Sponge.....76  
Psychic Vampire.....80

<b>The Death Experience.....</b>	<b>81</b>
What happens at the moment of death?.....	81
Natural Death.....	81
Suicide.....	82
Sudden Infant Death Syndrome.....	83
Abortion.....	84
Spontaneous Combustion.....	85
Ascension.....	85
Coma.....	85
Do you choose your death before you are born?.....	86
Do you retain the look you have now when you pass to the Other Side?.....	87
How long do Spirits stay “asleep” on the Other Side?.....	89
<b>Universal Order.....</b>	<b>92</b>
Is there an order to the Universe?.....	92
Where is Heaven located?.....	94
Can the same be said for Hell?.....	94
Is there a difference between Satan and Lucifer?.....	94
If there was a fight between God and the Devil, who would win?.....	95
<b>Communications with the Other Side.....</b>	<b>96</b>
Are Ouija Boards bad?.....	96
How do I meet my Guides?.....	96
How do I know when my guide is answering me?.....	98
How do I know if my Guides are telling the truth?.....	98
How do I see or contact relatives that have passed over?.....	99
How can I make Spirits go away if I do not want them around?.....	100
When children are talking to Imaginary Friends are they really talking to Spirits?.....	101
<b>Centering.....</b>	<b>103</b>
<b>Auras.....</b>	<b>105</b>
What is an Aura?.....	105
What are the three different Auras?.....	105
What is the value in reading an Aura?.....	106
How do I learn to see or read Auras?.....	106
Universal meanings of Aura Colors.....	107
Does the Aura ever change?.....	108
Where the color is in the Aura is important.....	108
Can I see my own Aura?.....	109
<b>Meditation.....</b>	<b>110</b>

<b>Out of Body.....</b>	<b>112</b>
What happens to our Soul when we sleep at night?.....	113
Your Soul can travel anywhere in any time.....	113
<b>Psychic Exercises.....</b>	<b>114</b>
<b>Psychic vs. Spiritual.....</b>	<b>117</b>
Psychic Readings vs. Spiritual Messages.....	117
Spiritual exercise to get answers.....	118
Exercise in reading yourself.....	118
<b>Good Morning Soul.....</b>	<b>119</b>
How do I teach my children to hear their Souls?.....	119
What is the first step to knowing the Other Side?.....	119
<b>About the Author.....</b>	<b>125</b>