



extract from book

SUNRISE

YOUR JOURNEY IN LIGHT

By White Eagle

published 60 years ago! – in 1958 !

here formatted for paper size A4 in this setup, and illustrations here was NOT in the orig.book, and some words is translated into Norwegian in ()

White Eagle's book "Sunrise" is a classic in bringing an awareness of ongoing life to those fearing death or left bereft by the passing of someone they love. It is also of great general interest, for it gives real information and upliftment around the whole subject of continuing life and life eternal.

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This book is composed of a series of talks by White Eagle. These talks were selected both to comfort the bereaved and to advance our understanding of what our loved ones and indeed ourselves experience when we pass across the bridge to the world of light or, as some people call it, *going Home*.

Grace Cooke has written the introduction for this little book. Her touching stories of providing comfort to those who were grief stricken brought tears to my eyes. Her ability to communicate with those in the spirit world brought comfort and joy to many, many people. She recounts instances where the pain brought about by grief was intense to the point where those still living were feeling numb and were beginning to question their once strong faith. Her intervention provided relief and comfort, along with proof of the continued existence of their loved one. This knowledge allowed those struggling with their grief to begin the healing process. It is as though they received the illumination that their loved ones have been reborn.

The first thing that White Eagle addresses is the very human tendency to fear death. *If we are able to overcome this fear, and learn to be happy for those who pass over, we are well on our way. The key to this of course, is knowledge. If we are able to gain some comprehension of what happens after death, the fear begins to dissipate.*

White Eagle says that the first step on this path to understanding is the realization that in addition to our physical or bodily life, we also have an inner or spiritual life. This inner life is composed of our thoughts, feelings, spiritual aspirations and creativity. It is this unseen inner life, which continues after our passing.

Many wonder why Jesus did not speak more about the 'hereafter.' Jesus was able to see the 'wholeness' or continuity of life so he didn't differentiate between the physical and spiritual worlds. ***White Eagle says that life after death is very much an individual experience, based on our beliefs and behaviours in this world.*** He does assure us however, that life in the spirit world is quite normal.

Through aspiration, meditation, and even our dream state, we can learn to raise our consciousness in order to facilitate communication with our loved ones in the spirit world, as well as our guide and helpers. In this way, we can also free ourselves from the strains of everyday life. ***We can be in heaven and on earth at the same time. This is truly the best of both worlds.***

This book had a powerful impact on me. Stories about people getting help with their grief through communication with their departed loved one always touch my soul. It is so beautiful to me to see the beginning of healing, and to know that someone has been reassured that life continues after death. ***This book is both heartwarming and informative.*** You certainly don't need to be bereaved to benefit from this wonderful volume, but if you know anyone suffering due to the loss of someone they love, please share this book with them.

Reviewed by: Maryanne M.



Introduction

By

GRACE COOKE

I was born with the gift of second sight and in my early childhood it was easy for me to see the forms and hear the voices of those who had passed on into higher worlds. This happened without any effort on my part; but in later years I had to learn to 'tune-in' at will to a different vibration or wave-length above that of the physical. I have, however, always taken great care to preserve the balance between the two states of consciousness. When the mind shows signs of becoming too dreamy, and weariness and nervous exhaustion seem likely, I immediately stop all contact with the other world. At such times I find refreshment and recreation in gardening or country walks. Anything close to nature and to the earth restores the overspent nerve force and preserves the balance between normal and supernormal life.

Perhaps this gift of second sight is why it has been my lot in life to meet many, many people in sore trouble and distress. Sometimes their troubles are caused through disappointment, misunderstanding, separation or sickness, but often through the death of a loved one. Their sorrow has destroyed their peace of mind and hope of future happiness. No wonder that this world has been called by some people a vale of tears, when for so many it holds such sore troubles. (the vale of tears= verdens jammerdal) The distress which I have encountered has given me the incentive to seek for an answer to these human problems; for there must be an answer, I have always felt, or else life is meaning-less and wantonly cruel, despite the assurance of religion that there is a loving God and a Saviour of mankind. Too often man gropes blindly and without avail for an answer to his cry. The following story is but an instance.

Some parents had lost their only son, a lad of fourteen years and brother to a girl of seventeen. Mother, father, daughter and son had been a devoted and happy family. The children seemed full of promise, and both were well advanced at their respective schools. Then one day the boy became very seriously ill. While everything possible was done for him, he quickly sank and passed away. The little family were stricken. They were religious people who firmly believed in an after-life, but when this sorrow came, faith and belief were put to a bitter test. The father's own words when he first wrote to me were: 'I searched and prayed, and called earnestly to my Creator, but the heavens seemed as brass. There was no answer to my prayer except the cry of my own heart.'

After months of wandering in a mental and soul wilderness, one Sunday evening he was guided to go to a church service. He sat right at the back of the congregation in the last row of seats, feeling utterly heartbroken.

I was the speaker at this particular service, and was attracted by a spiritual light, which I saw around this man, then a complete stranger to me. Suddenly my inner vision showed me a spirit figure of the young boy standing close to him. A telepathic link was thus formed between us, but nothing more happened at the time, although I later asked an official of the church about the man at the back and made a mental note of the name mentioned. On my homeward journey, I was thinking over several matters when I heard an unknown voice whisper, 'Please write to my father.'

Silently I replied, 'To whom shall I write?' The reply, flashed back instantly, gave the name of the man at the little church. By now it was getting late, and being extremely weary, I assented, meaning

to write later, and dismissed the subject from my mind. Next morning the incident was forgotten.

But not so by the boy. He appeared again (rather to my dismay for I was burdened with domestic tasks) and said once more, *'Please write to my father. Tell him I am alive, and am often with them at home. Please write at once. It is urgent.'* His plea was so strong and so pathetic that I was compelled to sit down with pen and paper and write at once.

The words flooded through. This was the letter of a son writing to a dear father from whom he had long been separated, in which the boy clearly and amply proved his identity by giving many details concerning his former earth life, his personal possessions such as his particular watch, and about the long dead grandfather whom he had met on the other side of the veil and from whom the watch had originally been a present. He also wrote about his sister and mother, and referred to domestic episodes, which had happened, since his passing and at which he had actually been present in his spirit body. This was indeed a letter of reunion from a son to a beloved father, in which the boy completely bridged the gap of those long months of separation, when the heavens had seemed as brass, and no answer had come to the parents' heart-cry.

His father's reply to me revealed that their hearts had been hardening, becoming stony and resentful with grief, when the boy had at last managed to break through the barrier. His message had brought not only comfort, but also a new revelation. *His descriptions of the land to which he had gone had brought a flood of spiritual light to his parents and their home.* Afterwards he was no longer 'dead' to them, but reborn, with the result that a deeper, more blessed happiness was theirs. It seemed almost that he had been taken away in order that he might return again to them as a comforter. Certainly his coming meant to them a spiritual initiation, a revelation of something, which is eternal in a man's soul. No amount of teaching or preaching can bring this kind of illumination; it comes as the result of some profound experience, which demonstrates the working of an infinite and omnipotent Love, of an omniscience, which cares for every individual. As Jesus said, 'Are not two sparrows sold for a farthing? And not one of them shall fall on the ground without your Father (-s will). But the very hairs of your head are all numbered.'

I remember during the recent war receiving a letter from a stranger, a broken-hearted mother who had lost her airman son two weeks before, and who sadly needed help and comfort. When I read this letter a link was instantly made and the son's living personality flashed before me. There he stood, a smiling, charming young man, bubbling over with *joie de vivre*, very excited and delighted with the fact that at last some earth person could see and hear him. (*joie de vivre* = a French phrase often used in English to express a cheerful enjoyment of life; an exultation of spirit. It "can be a joy of conversation, joy of eating, joy of anything one might do.) Not only were his appearance and voice distinctive, but his particular personality, his rapid way of speaking, his unusual mannerisms were completely convincing to me. Then came his message to his mother, which poured through, and which I wrote down in his very words and style. He recalled his home life with her, and spoke of some special hopes and plans, which he had made before his sudden death. Assuredly this young man was not dead, but as alive as ever he had been. He made it plain that he still held in mind the blue-print of the important work which he had left undone, and was still very urgent in seeing that it was continued. Through this contact, it transpired later, he was able to guide and help his mother and his friends to carry out his wishes concerning the setting up of an establishment for the training of many youthful lives in the service of others. It would therefore seem that it was this boy's God-given mission to return to earth in his soul-body to do good to a wide community of his fellows. It is fortunate that his mother was willing to listen to and be guided by her discarnate son.

These are only two cases, out of many hundreds, which could be cited, of spontaneous communication from the life beyond death. Something like an etheric bridge between the two states of life seemed to have been built for me. I am certain that grief and despair caused by bereavement (grief)- create a dark, heavy veil of separation between the two worlds; whereas optimism, selfless love, confidence and belief in people's continued life in more beautiful conditions cause the veil to become very thin, so that there need be hardly any separation between 'here' and 'there' for those who gain this knowledge.

I remember a wife coming to me after she had lost her husband. Her grief and desolation were pitiable, for she felt that she had neglected him while they had been together. Her mind constantly dwelt upon various episodes of his last illness, and she could neither believe nor accept that the time had truly come for her husband to pass on into wider fields of service in a happier state of life. At our first meeting she was inconsolable and little could be done to help her, so densely was she enveloped by grief and self-pity. However, she was told that by her attitude of mind she was preventing any consolation coming to her from the spirit of her husband, because her darkness was impenetrable by the subtler ether, which is a component substance of the spirit world. Nor is this unusual in bereavement (sorg); self-pitying and grief-laden thoughts, which are usually so prevalent at a death, not only bring despair to the mourner but also nullify any efforts to assure them that all is well; that their loved ones are happier and healthier in their new state of life than ever before.

As I explained these things to this poor widow, she gradually became less distraught, and the mists surrounding her began to dissolve. Then, quite near her, could be seen the spirit of her husband. He presently convinced her of his reality by giving her many details about their life together, and by his mode of speech, thought and mannerisms (vaner) proved his presence, so that she eventually believed that he was still alive and was much comforted. His messages are too personal to be repeated, but she wrote in a letter to me: 'Tonight I dreamed of my husband, and he took hold of my hand and pressed it in a sympathetic way - I could feel it *before* I woke up. That was an immensely comforting dream, because he pressed my hand so kindly and lovingly.

On another occasion I went to sleep while writing a letter, and dreamt of my husband saying that he had sent six messages to me. Actually I have only received two of them clearly. But she wrote again later: 'I have been fortunate enough again to dream of my husband several times, and each time I saw him quite distinctly. All this makes me long more than ever for another chance of showing more sympathy and kindness.'

Contact between the living and the dead is, I believe, first established on some higher etheric level. Moreover, I am convinced that in the spirit world an accurate and detailed organisation exists whereby sympathetically attuned friends and someone they have lost can be brought into contact. This means that when people are ready, and can open their minds to the possibility of such communication, there are those in the beyond appointed for this particular service of linking mutual friends separated by death. Communication can then be established through these helpers' knowledge of the spiritual laws of attunement, which cannot be fully understood or appreciated by the unenlightened. There is no question of 'seeking out the spirits.' *They will seek us when it is for the good of all to do so; and they will take infinite trouble in their efforts to bridge the gulf.*

Those who have passed on come back from these realms of light because they love us. *Yet it must be added that there are other spirits who have passed from this world in a state of darkness and heaviness, empty of sweet human love because their hearts were bound up in selfishness and*

desire. Such as these fail to enter a spirit world of beauty. Nevertheless, as soon as they seek help, they will find friendliness and kindness. Those who on earth lives simply and loved their fellows will quickly find companions in a world of exquisite beauty. They are also brought into contact with beings of greater spiritual power and enlightenment who will instruct them in the new ways of life.

In this world of spirit, do not expect to be able to catalogue everything or to understand everything all at once; for by so doing you are limiting the universal. Try to conceive the Heavenly state as being a perfect and harmonious outworking or expression of a law which is exact but always expanding. Remember that you enter infinity when you are in the world of spirit.

Let me try to illustrate this. In reply to a letter from a bereaved wife, I once wrote: 'Your husband has come to me as this letter is being written. He wants you to know that there need be no separation between you even now, if you will only first use your imagination, and learn to think of him as alive and well, separated from you only because you fail to see him in his finer etheric body, which is at present outside your range of physical sight. This does not, however, preclude him from being with you in your home, and listening again with you to the music you formerly used to enjoy together. He himself continues, "Although I do my best to make you see and feel me near you, as we are now functioning at different levels of life, I find this impossible. I cannot so easily get down to you as *you can get up to me*. Through prayer and imagination, try to conceive this higher state of life. So much for your waking hours; ***but when you fall asleep we can meet again, for you pass out of your body and I am waiting for you.***

Together we can then visit my home in the spirit life, or more correctly *our* home, because you are already a part of it. Indeed, we have created it together. But you do not remember these experiences when you wake up again to daily life. Nevertheless, you can train yourself to realise and remember that you belong to more worlds than one. *You must try to get beyond the idea that dense physical matter is the only form which exists.* There are many finer ethers which form the substance of other spheres, many different degrees and states of life, each much more beautiful than the physical. You must learn to 'dream true'; and you will do this by believing through your highest imagination in the state and condition of life in which I now find myself. For it is here that all our high hopes and ideals are expressed in beauty and perfection. Yes, in our spirit home, where I live permanently and where you occasionally visit me. In fact, this home is a manifestation of all our former hopes and dreams, which are becoming manifested or *externalised* in our surroundings."

The wife's letter of reply was impressive. In it she said their great mutual interest had been listening to fine music. They had both found great happiness in the creation of their home and garden. She said her husband had been both artistic and idealistic, and she could well understand why this 'heaven' would take the form he had described. Nevertheless she herself was still in a 'state of darkness' and felt desperately lonely. I pointed out that in fact she could only find her heaven within her own soul; that she must overcome self-pity, and let her thoughts dwell upon her husband's happiness rather than her own unhappiness; that she must try to think of him as he was now, and of the home that he had described. Then, I wrote, 'You will gradually find the thick dark veil which at present seems impenetrable, will become thinner, and you will *know* for certain that you are united in spirit. Afterwards you will quite simply and naturally find yourself with him when you wish to do so, in this other world, which you two have built up. But remember also that you have your life and duties here on earth, which must not be neglected. You have to realise that nothing comes into being without its being first *thought out in form*, either in this world or the next.

The whole creation is a product of God's thought.'

After a few weeks I received another letter from her. She was so changed, so full of joy because at last the darkness was dispersing, and she was beginning to get glimpses of the spiritual light. Her husband was using his own method of penetrating her consciousness. This was why she now felt so differently and was convinced that he was very close to her at times. Moreover, she was now waking in the morning with fleeting memories of a heaven world; and on occasions during the day he managed by devious means to signify his presence in the room; and the methods chosen were characteristic and convincing.

I have selected these few instances out of many thousands of cases of bereaved people being sought out from the spirit life and receiving proof that their friends lived on after death. My own work has continued for over sixty years, but I have not worked alone. *My dearly loved spiritual teacher, who is known under the pseudonym of 'White Eagle', has helped and directed me.* He has on many, many occasions given not only remarkable evidential proof of life beyond death, but has also demonstrated extraordinary knowledge of how to find those in spirit life who were separated from their friends by death, and to bring them into touch with each other.

This is principally White Eagle's book; and to him goes my gratitude for his loving care over the years.

G.C.



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The Way, The Truth

We think that fear of death, fear of transition from mortal to spiritual life, looms up as man's greatest bogey; and this apprehension seems to increase with his development of a more sensitive nervous system. Yet some of you can tranquilly say that for you all fear of death has passed. You can look through the thinning veil into the larger spiritual existence with complete confidence and indeed with happy anticipation, and can rejoice instead of grieving when one of your number has been visited by the great and compassionate Mother, called by some the Angel of Death, who comes at the appointed time to unbar the door between this world and the next. You think also of the joy with which your loved one goes forth into a sunlit garden as the door is flung wide. When you can truly rejoice at this liberation you have indeed taken a great step forward.

It will help you if you can realise that there are two aspects of life: the first is the outer in which man usually dwells; and the second, the inner or spiritual life which only comparatively few understand and live. The average person lives mostly a bodily life, sometimes for a number of incarnations, in a world, which appears wholly material. Only occasionally does he become so shaken by sorrow or trouble that he reaches out towards that other world. Usually, when all is going well, he is content. Today, we hope, an increasing number of people are awakening to the realisation of the spiritual life.

Let us consider this inner world of which we speak. To some of you it may appear to be a purely mental world because you find it by withdrawing from the outer, physical life into an inner state where it seems that you are living *in your mind*. You are often told that when you pass over you will live in a world of thought. You will find, however, that it is not only a world of *thought*, but also of feeling. Thought is at the next level to the physical; as you penetrate behind thought you come to a world of feeling and emotion.

You all live in this world of emotion, and your emotional life is also affected by the mental world around you, by the thoughts of others.

The recognition and control of your own body of feeling and emotion is one of the very first lessons to be learnt, if you would develop spiritual insight, because your feelings, if uncontrolled, are going to cause a storm. Do you remember the story of the disciples on the Sea of Galilee? As their Master slept in the boat beside them, a great storm arose, and in their fear they called upon the Master, who rose up in the boat and commanded the waters to be still and the storm to subside. The boat is a symbol of the soul;)* the water, of the emotions; and the Master is the Christ, the spirit within, which alone can control the storms of emotion. You see from this that to protect yourself from adverse and disturbing thoughts, and to control your emotional body, you too must seek the love of God, the love of Christ. You must pray for, and strive to become this gentle love.

)* The word 'soul', it should be understood here, means the man himself -the familiar 'ourselves' of feelings, likes, dislikes, interests, affections, memories, sentiments -in a word the 'we ourselves' who live inside the outer man, and look out through his eyes, speak with his tongue and lips and think with his brain. It is this 'our-self' which survives death and migrates to a brighter realm.

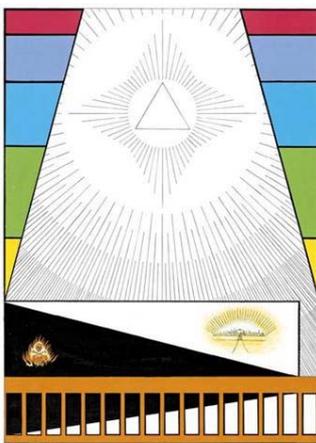
The Inner Worlds are substantial

Every human being is made up of substances identical with those of other planes of life. We do not speak only of the physical body; remember you have other finer bodies, and each one of these is composed of the same substance as the plane upon which it functions. The planets around the earth are inhabited by beings made of the same substance as the planet on which they live. Accordingly sun-spirits or sun-beings can and do live on the sun, their bodies being composed of the substance of the sun.

In the same way you have your own higher or finer bodies composed of substances identical with those of the higher worlds upon which they function. As you attain mastery over desire and emotion, you will learn to control and use these other bodies, to contact the higher or inner worlds.

Violent emotions are as destructive to the higher bodies as the pure, lovely emotions are constructive; for the latter contain the creative power of God, while violent emotions contain the destructive power. ***This is the reason why we stress the necessity for control of your emotions as the first step towards conscious contact with the inner worlds.***

Through prayer and meditation we may go deeper into this inner world of infinite love, infinite beauty. When a soul passes out of the body, by degrees it rises through the lower planes into the heavenly worlds of infinitely finer substance than this earth, **yet as solid to those who inhabit them as your world seems to you.** The people in these worlds of radiant colour and perfect form commune with each other harmoniously. They have work to do but their work is steady, quiet, serene. This is a world of love, God's world. This is heaven. When the soul arrives there it is conscious of one mighty realisation, and that is of God, of the presence of the God of love, everywhere. Although it is not easy to do so, you yourself can reach this world if you will, while still on earth. During deep meditation, for instance, you may become aware of surpassing peace and harmony, of becoming raised in consciousness far beyond this world of space and time. You are then *en rapport* with heaven. To that heavenly life, all loving souls, the ordinary people of this earth, rise after death; **but not always immediately.** They have to pass through certain stages even as you have to undergo tests in your daily life.



this is a symbol made of the danish wiseman MARTINUS about the transition to the spiritual levels after death – It is not yet(2018-01-22)an official (from Martinus Institute) expl.on this in english [\(dk forklaring til symbolet\)](#)

The Transfiguration and Resurrection

It has often been noted that the Gospels say little about life after death, about a 'here' and a 'hereafter.' Jesus strove rather to convey that all truth is contained within one simple word-Love. Jesus said, 'Love one another': 'Love is the fulfilling of the law.'

Jesus was not wholly concerned with the spirit world; nor yet with the physical, intellectual, or emotional aspects of man's being. He did not divide life into segments, but considered human existence as a whole. He had learned the secrets of the perfect life, and the secret of control over *all* aspects of himself. In him was no separation, for the Christ *within* him had revealed the whole of universal life. There was no need for him to speak about 'here' and 'here after' when to him death did not exist and life was eternal.

If individual man would attain liberation from mortal bondage, he too must learn to practise and live the teaching of the Christ. Jesus having perfected his physical vehicle and gained complete self-mastery became a perfect vessel for the manifestation of the Christ; and he stated, *'He that believeth on me, the works that I do shall he do also.'*

Few people try to practise the Presence of Christ; yet the joys of this heavenly life must be brought forth. As you truly long in your heart to reach that heavenly state you attract to your soul, to your life, the light of the Golden One, of Christ himself. As this light comes to you, you find truth deep within your heart, and your outer life begins to change, for you cannot live an untruth. The process of re-creation has begun; you have started on the upward arc towards heaven.

Perhaps you will now begin to understand why Jesus did not talk much about life after death, knowing that if his disciples put into operation the law, which he had revealed, there was no need to speak of life after death, because death would be overcome. He demonstrated this in two ways; first by the Transfiguration, when he took three of his disciples up into the hills, or in other words raised their consciousness, and bade them watch with him, so that they saw the true life manifesting. Not only were they able to see the light of love blazing through his flesh, but in that light they saw the forms of other spiritual beings. They saw Jesus irradiated by the glory of the Christ, the Golden One.

In the resurrection, Jesus provided the supreme example of the power of the Christ Spirit to transmute the earthly atoms to a higher form.

The spirit of God, the Son of God, the Christ, had lived in full possession of the body of Jesus, and had so purified and transformed its physical atoms that it became light -all light, as all physical bodies do when the light of Christ dwells in them. Illumined, they become this light. Light is another word for life, that is all. Life is God. *The atoms of the body of Jesus were transformed into light, and disappeared from mortal vision.* Yet it was still the same body. When man's heart is cleansed by the Christ light, his vision will open and heaven will be revealed to him. True love operating from within will enable him to know truth, to see through life and death to the hereafter.



II

Continuous Life

We are sometimes asked what life in the spirit world is really like. My friends, if you journeyed to another continent and later tried to describe that continent, you would find that words conveyed so little. Moreover, after a while your listener would get tired of your descriptions. The experiences of each newly arrived soul in the beyond are individual according to the environment, character, and reactions of that soul. *Therefore what might bring profound joy to one soul might prove only boredom to another.* So we can only answer you in this way, that life in the spirit world is very similar to life here on earth, *except that the matter which forms the spirit world is not so dense or solid, and is more malleable (flexible) than earth matter; while the spirit world (which is far closer to the physical than we realise) appears as solid to its inhabitants as earth does to man.* Nevertheless, all its life and sub-stance has a higher frequency or quicker vibration than this physical world.

The first thing a man wakes to after death is a **world of his own creation**. If he has lived selfishly the people around him will be selfish, for like attracts like. A man who has lived only to worship Mammon or riches, will find himself very poor afterwards, in very poverty-stricken surroundings. [\(example- see this book\)](#) Having little spiritual substance in himself the man has little with which to build his home. His environment will be a replica of his inner self, himself externalised.

The life of a man as he lives it on earth is being reflected over into the spirit life, but with a difference; because over there all that is ugly, crude and distasteful is more apparent, more difficult to disguise and conceal, and therefore intensified. So also with the more kindly, affectionate and refined life, which expresses itself in beauty, in art and science, and in harmony with man and nature. All these are also intensified, both in the man and his surroundings. Most spirit people are overcome with joy when they see the wondrous beauty of their world revealed, when they see the God-like expressed through nature, art, music, science, healing, and in the angelic world. They find they are able to see the within of life instead of only the surface as before. They see this inward life as an expression of all that is good and true and beautiful, an expression of God. **We cannot describe the wonder, and above all, the freedom of the spirit world.** Spirit people have only to think or wish to be in a certain place and they are there. They have only to create strongly in their minds **a garden where exquisite flowers bloom, and they are within that garden.** They have only to think, to long, hope or dream, and their thoughts or dreams become their realities.

Life after death offers richer and deeper joy and satisfaction, greater opportunity than life on earth can ever give; because true aspiration brings opportunity to the soul immediately - whereas on earth you may dream and hope, but always seem to be limited by your environment and fate. In spirit man is freed. If he truly loves God, if he is endeavoring to express the God within himself, he finds himself in exactly the conditions to which his soul aspired, with opportunities to Study, to work, or to research - all such creative joys are open to him.

You often wonder whether the spirit people eat. Why should they not eat? **We certainly eat, not flesh of animals, but fruits that grow in the spirit world.** Life in our world is perfectly natural. We are not yolkless, shell-less eggs! We are perfectly normal people with bodies and homes and gardens and all the things, which we need. We live a perfectly natural, normal life. You think that we have no body but you are wrong; we have etheric, astral and mental bodies, but you cannot see them. You too have other bodies and the more evolved you become, the more you develop the higher bodies.

You can aspire to the higher worlds, and so can we. We are not limited to one plane. We live at a level of existence that we find restful and congenial, but there are higher levels to which we can aspire when we have learnt how to find them. But even we cannot live forever on the mountain tops.



We cannot emphasise too strongly the naturalness and the beauty of our life. But remember that with you as with us, it is the quality of the consciousness of the soul, which decides where the soul will find itself, either during the sleep state or after shedding the physical body.

We speak also of the mother aspect of spirit life, because down here many women seem condemned to lives of disappointment and loneliness, and to forego the companionship of husband, family, children. In the spirit world a woman has opportunity for the maternal expression for which her soul longs, even as a man can pursue the creative arts for which he has longed, consciously or subconsciously, over many years.

All Worlds are One!

Contained within his physical body man has another body called the *etheric*, which merges into the physical as water permeates a sponge. The etheric is closely related to the nervous system. Therefore it is this body, which registers all sensations pleasurable or otherwise. When it is driven out by, say, an anaesthetic, the physical body feels no pain. The etheric also forms a bridge across, which spirits communicate. ***It possesses two parts: a higher, which merges into the astral body after death; and a lower which is closely related to the physical.*** This part is known to a linger ('hang around'er') about its former home, buildings, fields, gardens; to cling to any place familiar to it, including churchyards, and is sometimes called a wraith or ghost on left behind after the death of the body. ***This etheric emanation can be earthbound for a long time, but more usually disintegrates with the body.***

Next we come to the *astral* body, which registers the emotions or feelings, and which also permeates the physical. ***Man lives even now in his etheric and astral bodies.*** In them he feels pain or pleasure, or the emotions of love and hate, fear and hope—sensations and feelings of all kinds. ***The physical body is only clothing, an overcoat. When this is laid aside, the man continues to live in his subtler bodies, just the same man, inhabiting just these same bodies—with nothing fearful and hardly anything strange to dread in the experience of death.***

Beyond the astral planes (which may be thought of as a series of 'earths' but of finer quality) are the *mental* planes inhabited by man's mental bodies (which ***also are*** part of him, here and now). We now come closer to the higher self, or the angelic or heavenly body, most beautiful in appearance and shining with a great light. Every human being has such a body, though undeveloped; but it evolves during various lives (many, many lives indeed), and is in reality the temple of his spirit.

In these celestial realms dwell the angelic hierarchies, the saints and perfected souls of all ages; indeed, all souls *who have passed through great tribulation in this world* and so become harmonised with the divine Law of Love.

We can hear some of you saying 'All we want is to continue the same sort of life as this, and not to soar away to some vague heaven. Let us keep ourselves safely tethered to familiar things and we shall be happy.'

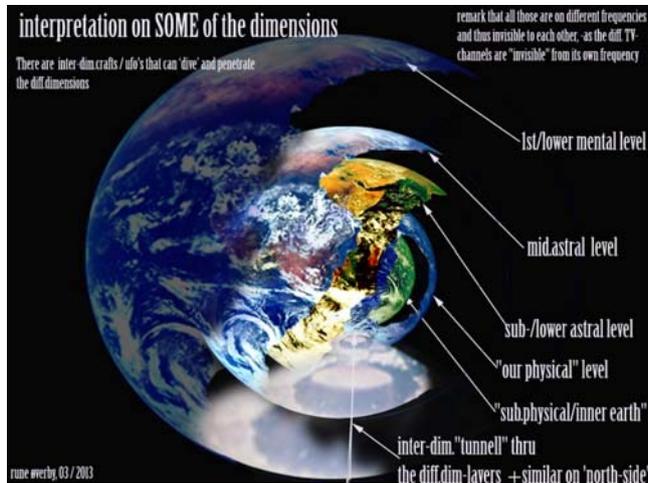


Illustration here was NOT in the original book, but I think it gives an idea of the diff. dimension layers as “frequency-channels” – a la tv-channels that ‘create’ their own reality. Rø-rem.)

Subconsciously, however, most of you long for a better world. You feel in some way attached to this life of spirit, and rightly so, for it is your true home. ***You have come from this world of spirit to live in the flesh, where you are imprisoned until you learn to free yourself.*** Intuition tells you that you come from a more beautiful place than this earth,

for a purpose and according to a plan, and that the great Architect, the Creator of the Universe, holds the plan of all your lives. ***You are like children who have come back to school; and your own soul, although its memory has faded for the time being, subconsciously knows that you have come here to be trained to gain certain knowledge. Your daily life which seems so irksome, your body which is so tiresome to maintain, in reality are the restrictions which quicken your soul, and help you to unfold the soul qualities which must be developed before you can be free from the bondage of physical life.*** We do not mean freedom through death, because death does not necessarily set you free from bondage. **You can only free yourself from the limitations of the lower self by your own efforts.** Once you have freed yourself you may enter into the heaven world of peace and serenity, of beauty, of joy.

You may ask who can best help you during this long pilgrimage. We answer that you have one particular teacher or guide, who may be attached to you through a number of lives. ***You will also have a number of helpers, who come to help you through some particular period; sometimes these are also called guides, but in error. If you will try to listen to your guide, who comes on a higher level than the helpers, he*** will speak through the voice of your higher self, which is your conscience, or, as it is sometimes called, the voice of God.

It is a true saying that everything comes right in the end, that it must and does come right; so why be fearful? You can experience many troubles and still keep happy. It all depends on how you take them. If you surrender to the will of God, you will find inward happiness, unbelievable joy. You will always get wonderful, kindly and gentle help from those who are invisible. Always ready, they love to do something which brings you blessing and compensation. So, although you may have to learn lessons through hard knocks, you will also receive compensation, service and blessing from the unseen.

They do not forget, and would come to help you, but can only descend so far. All is a matter of vibration, harmony, attunement. Earth is of a slow vibration. Mortal man must quicken, and become attuned-must raise himself to meet and greet his spirit friends. It is all so simple, so clear - and yet, so profound, so difficult to attain. In spirit as on earth, only *keeping on keeping on*, will get you anywhere.

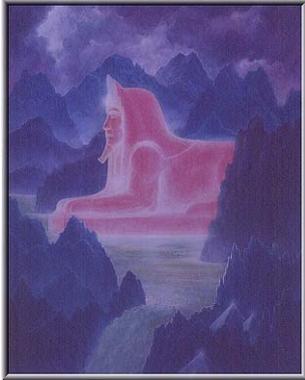
Pray that you may learn to free yourself from the thralldom of the lower bodily self, and enter into the heaven world of peace and serenity, and hold sweet and true communion with these higher worlds and reap their blessing.

The Means to reach Heaven

A powerful means of contacting the heaven world, **is during sleep**; as we have previously told you, many people already do this. You may say that your dreams are too confused, too muddled to be of value. Of course, there are various types of dream, many being due to bodily discomfort of some kind. But we have in mind a more real and vivid dream, which leaves a deep impression afterwards - a vision, in fact, *which usually comes in the early morning, on waking*.

You should prepare for these sleep experiences and at the same time you will be preparing for the development of the spiritual faculties, the higher psychic powers. The first requirement, as we have said, is aspiration, which of necessity will mean prayer. You will pray, not necessarily with your lips but with your heart; you will reach upward to God, to the Father-Mother-Son, the holy and blessed Three, as you seek communion. We have said many times that those on earth must reach halfway at least if they would commune with spirit.

Next we would suggest that you practise breathing. We mean conscious breathing-in of the light, of the life of God; and the conscious breathing-out of love to mankind.



'Breathe on me, Breath of God' says the old hymn. Breathe in God. Breathe out God's love. Breathe out God's blessing to all human life.

This deep rhythmic breathing does more than affect the body. Seen clairvoyantly, the person breathing in full consciousness of divine life is strengthening his soul and causing it to radiate a great light. Instantly, by power of the Christ within, you can send a shaft of light across the world, or up into spheres immeasurable. There need be no separation in spirit where there is the impetus of divine love.



One of the symbols used in the Greek and Egyptian Mysteries was a great winged disc, *and another was the << sphinx, whose wings indicate the power of the soul to fly*. No restrictions hold down man's spirit, unless they are self-made. Therefore think of yourself as having wings on your shoulders, as being encircled by a winged disc, symbolising the sun or the Christ spirit. Within man's heart is the golden sun, his spirit, which can rise on wings into realms supernal. All of you have the power so to fly, and must learn to use it.

So let aspiration come first, then prayer and correct breathing, and surrender to God.

What is the next requisite? It is to learn to live daily a serene and tranquil life. We do not mean you should become too serious or solemn; if you do, you will chain yourself to the heaviness of the earth's atmosphere. Be very still and quiet, but also have the joy of the spirit singing within you and laughter on your face. The Elder Brethren have a lively sense of humour, and love laughter.

We encourage happiness, a zest for living; but there is a time to be still, and that time is when you seek communion with a higher world and with visitors from that world. They come on a very fine and delicate vibration and work through the etheric body, which is interlaced, with your nervous system. Noise or discord breaks the fine contact.

Before you go to sleep, if you wish to make conscious contact with the spirit realms, do as we have suggested, but do not force yourself too hard. Take everything harmoniously. Within you is a power, which we describe as 'divine will', and this can be the motive force, which lifts you to divine realms. According to your soul's awareness, it will be taken to the place in the spirit world where it will find both its lesson and refreshment, and where it will rejoin its friends and companions in the sphere of reunion. Perhaps it will be taken to **the Halls of Learning**. These are immense buildings, with beautiful columns supporting a dome-shaped roof. The walls are rather like cinematographic screens, which can reflect pictures of your own past lives and episodes, which happened very long ago in the earth's history. You will at once want to know what good such visions can be to you? They serve to teach you, to stimulate your spirit, and to help you to bring back memories of the Ancient Wisdom, which will help you in your future work; for what happened in the soul's past moulds its future.

We must now give a word of warning. Such work as this must never be undertaken with any selfish motive or to satisfy curiosity. This is dangerous. If you love your fellow man you will want to develop spiritual powers primarily in order to serve him the better. Selfishness is a definite hindrance.

The key-note of your life is love and service; as you love and serve God and man you will radiate the light. Before you lies a path of never-ending progress. Do not let the heaviness of the world hold you down, but go forward as a pilgrim on the path of spiritual unfoldment.





On Remembrance Day

Today* your thoughts centre upon those who laid down their lives in two world wars.

* This talk was given on a national Day of Remembrance.

Many of you long to know what happens to those killed in battle. My friends, think of your body as an overcoat; then think of that overcoat as being shot through, or immersed in water, or burned, and you will recognise that an overcoat cannot feel or suffer. Neither did they, because at that time they were not in their overcoats. At the appointed moment the spirit is withdrawn from the physical body in a way, which you cannot understand. It is as though a veil is drawn across so that the spirit is unconscious of the suffering of the body, and death then becomes a beautiful experience, in spite of, what may appear. The heart may shrink from the thought of pain and death beforehand, but when death actually comes, all fear goes. The soul is simply aware of great peace, aware of God. Our words are borne out by multitudes. When in grave danger or when the soul faces death, does it not cry upon God instinctively, urgently? And God never fails. The actual moment of death is not felt or realised. Those who die in battle may be aware of the near approach of death, then they find themselves out of their bodies - they may even see their stricken bodies fall - but no change takes place in themselves. Someone meets them and in a perfectly natural way takes them to a place where they may find rest and refreshment. All is natural, normal and happy, nor are they separated from their relatives, *who often visit them on falling asleep at night.*

It is sad that the many people who mourn do not know what happens after death; they receive no message, have no feeling that their dear ones are close, have nothing left but saddening memories – or so they think: They misinterpret the message of the Scriptures and mentally close down a shutter between the two worlds.

Others believe that although man survives death, he passes away forever from the earth. We have heard you say, *'My loved one has gone right away. I shall never find him in the spirit world. He has been in spirit now for such a long time and must have progressed far beyond me.'*

We want to help you to understand what really happens. Many, many times we have said that **where there is true love, there is no separation; because in that love you are all united.** At a certain soul-level 'communion of saints' becomes a very real thing.

For human souls are like drops in the ocean or grains of sand on the seashore. Each is individual, each a unit, but all can blend together making one grand whole.

Many people fear that when they reach a state of advanced spirituality, they will lose their identity in God, but this is a mistake. God has created you to be His son or daughter, His child for evermore; of course you are always a part of God. ***But you have been given an individual spirit***, so when you unite with the great family of God you are still individual and you will always retain your identity.

Try never to set material things before God-things. Seek ye first the kingdom of God. Let that kingdom become the main desire of your heart, your first aspiration on waking. Seek God and all the beauty of God's world. Then you will be living with a purpose. Then you will be progressing towards your ultimate goal, which is complete union with the holy and infinite Life, at-one-ment with the Father. But always you will remain yourself, because He has endowed you with a personal life.

Nevertheless your bliss comes when you learn to surrender self, ***when you recognise your at-onement with the Whole***, and thus are able to share in the communion of saints.

At special times, such as Remembrance Day, a whole host of souls come back in great power because the people of earth are thinking of them and are sending out their love to them again. Whenever the earth people pray, and so turn their thoughts to their loved ones, the way is opened for them to return. *That is why at this time a great company of shining ones descends to bring to those they love something of the light and truth they themselves have found. We remind you, however, that you do not necessarily have to die before you too can pass freely into this higher world and see clearly the life of those who dwell therein.*

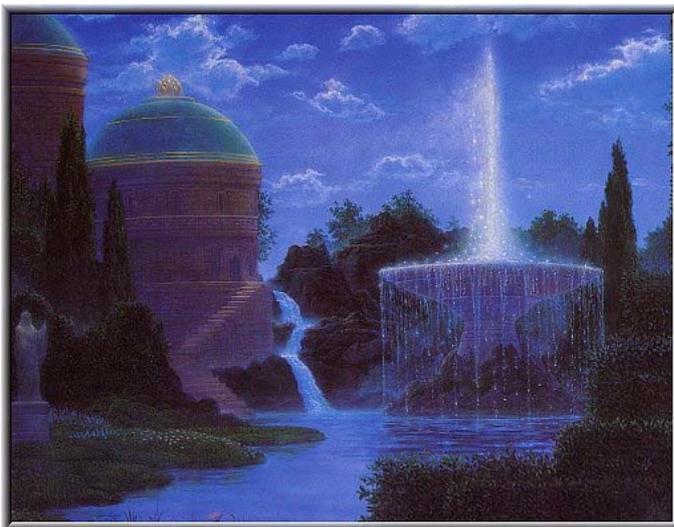
We are now especially speaking to those who have lost someone near and dear to them. We say that they are just the same as when you formerly knew and loved them, are the same personalities; they are still your own father or son, brother or sister, husband or wife. *They are just the same, only so much happier because they are freed from the cares, distress and confusion of earth.* Their joy increases when they feel you are attuned to them in your soul, and that you believe and know that they are close. Try to talk to them within your soul-body, mentally, and make them real to you.

We tell you with tenderness that you bring much of your suffering upon yourselves. You will ask how we can say this when, for instance, your hearts are sore through bereavement. No, of course you did not bring bereavement upon yourself - only the suffering which resulted from your attitude of mind. ***For if you had developed power to penetrate the mists of earthliness, you would have known that your dear one was not dead or far away.***

Communion of soul with soul is always waiting for the man or woman who can develop, within, a consciousness of the oneness of all life. Learn so to love God that you know that God, being Himself all love, and having all love for you, has in Him no death, but only a more abundant life. Your loved one dwells within that Love, and also within your own spirit. He is therefore with you, not lost, not gone far away.

Try never to think of anyone as being 'dead.' *Think of them as living more abundantly in a land, which you know they would love;* and please, not as living idly; idleness they would not find inspiring. Wherever their heart inclines them they will find their work, and work to their heart's content.

Believe that all the experiences of your daily life come to discipline and to teach you, even if they are sometimes painful; for joy only comes about through pain. The wise man knows that even when apparent tragedy brings bereavement (passing away) to a family, it is presently revealed to them that a



wise purpose has been served, in that the passing brought an eventual fulfilment to many people.

The wise man never grieves over the dead or over the living, because he knows that God in His wisdom and compassion cares for and succours all His creatures. How can we ever find adequate words truly to convey to the anxious heart of man the rich love, the transcendent beauty, and the enduring peace of God?

< Fountain of Renewal, Gilbert Williams.



IV

True Communion

Children in Spirit Life

What happens to a baby or little child when it passes on? It must be remembered that only from the physical aspect does the child seem to die. An angel of death is present at the moment of transition, so that the soul falls into a deep sleep, and in angelic care is tenderly and lovingly borne away. The child awakens in the spirit world with the Spirit of the Divine Mother at its side. Her sweet influence enfolds the child and calms its every fear.



Provision will have been made in advance for its particular temperamental needs. Often some loved relative, a grandmother (or possibly its own mother, *who may be sleeping at the time*) will be brought, and replicas of favourite toys will claim its attention.

Children who pass on, do not suffer from any sense of physical loss, ***for having been absent from the spirit for only a short period they are still at home there.*** To them it is like returning to a place they remember and love, although the memory of their newly acquired earth parents is still retained. They quickly enjoy all that is provided to make them happy. They live in homes set in a lovely countryside, enjoy some attractive games, and have other recreations. When old enough they attend schools, or places of learning. Everywhere they go is permeated with a feeling that the Divine Love is present and they are safe. The children happily explore and become familiar with their world of nature, and make friends with the fairy folk, which abound there, as well as with the many other children who come over from the earth life.

Moreover, they are still on familiar terms with their parents, and meet them many times when the latter are set free during sleep. >>

The parents afterwards forget their dream of reunion and cannot recall the homes they visited set in the country or by lake or sea.

The children grow quickly over there. Time in spirit cannot be compared with man' time.

Those who lose a loved child by death can rest assured that all is well with him; and that when their own time comes to pass over, they will be reunited with their child, who *for a period only* will regain the appearance which they remember, so that there will be no strangeness when they meet. (as fx told in the last pages of [this pdf-book](#).rørem.)

The life beyond would be incomplete without the companionship of animals. They too survive death; they too enjoy a life of freedom with all the joys of their animal life, except that they do not hunt or kill. For them their new life is a replica of their old, but made just, perfect and beautiful in every detail. Nevertheless they remember their former friends and their master, and await their coming.



Real Evidence and Truth

To those who require proof we can only repeat what we once said to a man who asked us to convince him that man survived death. We asked our questioner to give decisive proof that there is no life after death. He failed, for no one can disprove this fact. *But, on the other hand, many thousands, perhaps millions, have received direct evidence of life beyond the grave.* Yet proof cannot come through any one episode or isolated fact; indeed we might produce remarkable psychic phenomena at this instant, but these would not necessarily prove that your own personal life will continue beyond the grave.

Truth is a revelation of the God within man's own being. The only real and lasting proof of immortality comes as a revelation to the innermost spirit of man, and is not dependent upon outward things. When this inner revelation comes you are assured that certain things are unshakably true; but if you were challenged to prove them to others you would find it very difficult to do so. You can prove them to your own inner satisfaction, because the God within you knows truth.

Similarly, the God in every man should recognise truth or God in his brother man.

Therefore, to those who demand proof of a life after death we say, follow the light within your own breast; seek revelation, and as surely as night follows day, you will accumulate experiences which will be absolute proof to you of a life beyond this earthly one.

Communication and Communion

You will want to know whether it is possible for a discarnate soul to communicate through a medium? Yes, true communications can and do come in this way, but it is a somewhat uncertain method of communication because perfect conditions are hard to come by. Nevertheless it can help and comfort people on both sides of the veil, more especially soon after a passing, and must not be condemned as undesirable or wrong.

May we suggest the importance of quickening all your perceptions when you are hoping to receive messages from the world of spirit through a medium? We have sometimes been sad to



witness the efforts made by the spirit people to reach someone who was rather dull in understanding. We know that you say, 'Oh, we like to have all our 't's crossed and the 'i's dotted.' But those in spirit do not always cross the 't's and dot the 'i's, not because they decline to satisfy your reasoning mind, but because they want you to use your own God-given gifts. They want *you* to do some of the work yourself.

Communication is like a bridge reaching from one world to the other. *There <<must be an effort from both sides for a meeting to take place.* So remember that you are as much responsible for building your part of the bridge as your communicators are for their part.

As we have said, *communication from our side of life to yours travels via the etheric body.* The etheric body is connected with, indeed interpenetrates the nervous system. A medium is usually a highly strung and sensitive instrument, so that when communication is being sought, his or her whole nervous organism becomes keyed up.

Many people have attempted to devise an instrument, which will serve as a bridge, and thus eliminate the medium. They think that communications received in this way would be much more reliable. We do not think this is correct. We think that communication between the two worlds will *always* depend to a degree upon the ultra-sensitive human organism.

What we will call 'outer' communication through a medium can take many forms, such as clairvoyance, psychometry, direct voice, automatic writing. But although many true and good communications can and have come through in this way, *remember that the messages received do not necessarily always come from the spirit. They can come from the subconscious mind, or in the case of some clairvoyance and in psychometry be a form of 'aura reading.'* We do not say that it is impossible for true and clear messages to come through, but you must remember the many factors, which can make this form of communication unreliable. Sometimes a message will come through perfectly clearly; another time it will be confused and hazy. It is necessary for the medium to have certain qualifications; for instance the power to become attuned to God, to resign mind and heart to the supreme truth, wisdom and love of the Great White Spirit. We emphasise that the medium must concentrate wholly upon and wholly desire truth, eliminating all self-desire; and this is

not easy for the ordinary person.

We still think, therefore, that the safer and wiser path is to unfold your own spiritual faculties - we do not mean psychic gifts and thereby reach up so that you yourself can commune with the beyond. A message, a feeling, a conviction right in the heart that your dear one has spoken direct to you means more than numerous psychic evidences; for beyond all these outer methods of communication via the etheric body, is what we are going to call communion of spirit. When you touch this plane you are nearing contact with pure truth, for communion does not come via any of the psychic senses, but in the heart chakra. You perhaps know where the heart chakra is. To the clairvoyant it looks like a disc of light over the heart. In one who is unawakened it glows so that it is just visible, but in the spiritually quickened it is pure, beautiful and radiant. The pictures of the saints sometimes depict a jewel blazing on the breast. Our Roman Catholic brethren draw attention to the heart chakra by the flaming heart seen in pictures of the Master Jesus. Through this radiation and development communion is able to take place.

In this kind of communion no words are needed. Shall we call it the language of the heart? The recipient of the message from the spirit has an inner knowing, a certainty. Sometimes with a medium you may listen to messages, which are meant to direct your mind along certain channels; *these messages will attune you to a spiritual plane of consciousness where you will receive an inner knowing*. You may not be able to explain its nature to any living soul after-wards. Nevertheless you will feel an absolute certainty that you have been holding communion with one who is very near and dear. For this you do not need words. There has been an interplay, an inflow of spiritual light from heart to heart, an affinity, an attunement of spirit. You have indeed experienced true communion.

Usually this vital inner communication with the beyond comes to those who have prepared themselves, but a man need not necessarily seek to be alone in a church or sanctuary; he may unconsciously raise himself through prayer. His prayer may be unuttered yet a true prayer to God. The very act of prayer truly attunes the man or woman to the world of spirit.

You should of course be sensible and wellbalanced about these things. You must live on earth in the right way, understanding that yet are here in a body for a certain purpose. The communication from the world of pure spirit will not be denied if you keep humble in heart and simple in faith and trustful in the eternal Love. If you hear something, which seems godlike, true and beautiful in its wisdom, do not say afterwards, 'It was all my imagination.' No visitor from a realm above will give a message contrary to the law of Christ, nor yet speak words, which are unkind or hurtful; and will never send you off on some wild goose chase. 'By their fruits ye shall know them.' What comes from the Christ circle will bear its stamp or hallmark.

The condition, then, for clear and perfect reception is one of stillness of mind and silence; not only on the outer plane but deep, deep, deep within the inner world, the inner place. Beyond all conflicting vibrations is the Silence; and in that Silence is God. God is behind all form, all activity, all manifestation.

This centre of light within your own being is not confined to you alone, for as it unfolds it reaches out and touches the Universal. Then you will become *en rapport* with radiant beings whom you love to contact. Remember that your own loved ones, after passing through the astral planes, go onward and become conscious of the celestial world, and in that celestial world you can meet them face to face. Never make the mistake of thinking that because you dwell in a body you are bound down to

the material world only and are ruled by material things. You are divine as well as human. Remember you have a celestial body as well as a physical, which has been given you to use even now. It is a great error to believe that you cannot reach the glories of the heaven world. In the course of his evolution, man will have to learn how to go as a traveller, a visitor, to his true home in the celestial world, and there see for himself the glories which are prepared for every soul who loves God.

The place of communion *is the temple within your own being*, of which the Master Jesus spoke; which all Masters through all ages have taught their pupils to seek, a communion in which you eat the bread and drink the wine of life. The Holy Grail, my brethren, is within your heart; it is also the Universal Cup. Pursue your path patiently; you will surely reach your goal and know the joy of life, for all the mists will clear and happiness will be your crown.



The Temple of Light

While you are here on earth you are building a temple. In the first place you are maintaining your body by the kind of food you eat, the air you breathe. The desires, emotions, tastes of earthly life are simultaneously building your astral body; and your thoughts, your imagination, your prayer, your aspiration and all the instincts of your *creative* self are building your higher mental body. ***To an advanced clairvoyant all these bodies are visible in the aura.*** The astral body, which pervades and surrounds the physical is seen as an emanation of colour either refined and delicate, or else coarse, crude and ugly. *The more highly evolved and sensitive the person, the more beautiful the aura becomes.* Interpenetrating the astral is seen the radiation of the mental body; and there are several higher auras which are more rarely seen.

You must develop special senses, pure and subtle bodies in order to reach and penetrate the pure and subtle planes of life. But if you neither think about nor aspire to a higher life, if you are content with cruder material things, you cannot hope to get there. Truly to contact the higher planes of life the body must be purified by right living, right aspiration, true prayer and an ever-reaching upward; the astral body by heavenly desires, by spiritual aspiration, by refined tastes, and love of beauty in all its forms; the mental body by meditation, imagination, a continual reaching up. *Thus you are building and perfecting your subtler bodies; but until you have developed them, you are living in a kind of prison house.*

Beyond the mental plane is what we call 'the *Temple of Light*.' It is from that level that the soul eventually returns to incarnation, but it can dwell there in a state of supreme happiness and bliss for a long time after its strenuous years of service on earth. There is no hard and fast rule as to how long this shall be. There is no forcing of a soul back into incarnation, although it is the law of life that it shall eventually come back. At a certain stage of its spiritual evolution the soul quickens, awakens, as it were, and itself decides to retrace its steps and reincarnate, not only to gain more knowledge but often to give wider and greater service.

All that the soul ever performs and experiences on the earth is being built into its *Temple of Light*. Through spiritual training and development alone can you become aware of your Temple, or your celestial body, while still on earth. When, in your meditation, you are caught up into a pure and glorious state of consciousness, you touch your celestial body.

Man's soul is comprised of the astral and mental bodies and the celestial body or 'Temple of Light' of which we have just spoken. These are his soul; but there is something else; there is man's spirit.

End of extract of this wisdom book from 1958.

The painting of Gibert Williams below reminds me of this wisdom from higher levels.



Click picture to get this book