

Personal Testimony

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What lies beyond the unknown?

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Religion and spirituality

I feel the need to underline the differences between religion and spirituality, which assimilation causes mistakes that I reckon most people fall into. Indeed, a significant proportion of people confuse religion with spirituality, when they bear little resemblance. Spirituality is a concept difficult to describe, albeit it has a strong point in common with religion, which is the belief that through the practice of virtue we can achieve salvation. Certainly spirituality does not put a face to the figure of the Supreme Being. Instead, "he" is regarded as a powerful force that stays aside from the personification we have been exposed to for a long time by means of Renaissance paintings. When I began to become familiar with spirituality by reading books such as Raymond Moody's *Life After Life* or Allan Kardec's *The Book of Spirits*, I started to realize that there were a series of patterns that had been repeated from the beginnings of the 'spiritual school'. Without any doubt, the most meaningful statement is the one that states that we will all transcend, regardless our beliefs, and that acts such as baptism or repentance before death are essentially useless, because what counts is the total amount of accumulated

experiences gathered during our lifetime.

This is a key aspect that clashes head on with the beliefs of many religions, that claim their way is the real one and that there is no other way to achieve salvation but through their proposed doctrine. Spirituality tells us that we have lived many lives – it is the theory of reincarnation, rejected by some religions, though socially accepted – and that we will continue to come back as long as we need to improve our souls. We choose a life project before we come, in agreement with what we need to learn. Moreover, the time of death is always planned in advance: there is no such thing as coincidences.

Another important fact is that hell does not exist; it all depends on our mental state. At first, we go where we think we deserve to go, that is to say if I expect to go to a wonderful paradise with plenty of flowers and beautiful lakes, I will go there. But if I think I deserve to go to a punishing place because of the things I did on the Earth, this is where I will go. We initially penetrate a new reality produced by our mind, where we will remain until we understand that we need to progress.

Science as the new faith

In the new era ruled by Science, religions have seen their kingdom wobble dangerously. Sceptics and atheists continue to grow in number, and they hold science as their new faith, not realizing that this is as imperfect and inconclusive as those who investigate it. Human fear forces us to seek countless explanations for things that – for the time being – lack one, just because we cannot live at ease admitting that we are unable to find one. Things that we cannot measure or classify make us so nervous that we end up finding answers that sometimes are even more fantastic than reality. We can look for example at the case of a family whose son has died, and after a while they start to feel his presence, to experience events such as lights that turn on and off, to hear whispers, to feel the scent of the perfume he used while he was

alive... even though there is an accumulation of evidence, many would be willing to explain all of them as suggestion, electrical failures and hallucinations, as if it was so easy to hallucinate – I have never had an experience like this in my life, is it really so frequent? – as for people to go through life seeing things that are not there. Ockham's theory tells us that when an unknown event takes place, the simplest explanation is most likely the right one. For sceptical people, this means that suggestion – instead of spiritual manifestation – is the probable cause. For me it makes more sense the fact that, e. g., if somebody calls my name in the radio and gives me details related to my life, it is more likely to be a spirit rather than a radio frequency issue.

Death continues to be a mystery. A rose with thorns that nobody wants to touch. In ancient times human beings were much more familiar with it, and probably they knew many things that we have long forgotten. With the arrival of dogmatic science much valuable knowledge has been lost. Now we prefer to believe that, after we die, everything finishes with the body, which is nothing but an empty soulless shell. For human beings it became more convenient to believe in an explanation that makes sense from our material perspective than believing that there is actually a complex invisible framework. An infinite procession of reincarnations and evolutionary levels. A genuine real life aside from the physical one we know. Afterlife believers are accused of not wanting to see the truth. I would answer the sceptics that they should leave cowardice aside and start to concede at least the benefit of the doubt. But as long as they want to impose the material scale to the spiritual world it will be a waste of saliva and of written pages.

Electronic Voice Phenomena (EVP)

Even though we are living in a sceptical time where we arrogantly try to explain everything, human beings have always been obsessed by the unknown. That is why throughout the entire history there have always been people who have tried to

communicate with the deceased. There are many ways to do it, but few are safe if we do not do it from our hearts, with good intention and showing respect, always bearing in mind that the communications depend on the other side, not ours. Famous inventors such as Tesla or Marconi produced electronic devices very useful for our everyday life, but only a few people know that in reality they were also trying to develop the means to communicate with the dead. Tesla tried to get a way to speak with the spirits, and he even received mysterious signals that might have been related to what we know today as Electronic Voice Phenomena (EVP) – which we must distinguish from psychophonies because the latter might occur in real time, or not –. Edison himself was jealous of Tesla's advances, and he aimed to create of a machine, together with his assistant Dr Miller Hutchinson, to communicate with the deceased. He did not survive to see his project finished.

EVPs are as old as the first communication devices, as we know from cases like the one that took place during the WWI when some primitive radios gathered strange voices that were recorded on tape. But the first electronic voice phenomena described as such were the ones collected by the Swedish painter and filmmaker Friedrich Jürgenson in 1959, when he was recording some bird song and he found voices that he identified as his late mother's. Fascinated by Jürgenson's findings, Dr Konstantin Raudive collected up to 70,000 EVP samples, establishing himself as one of the most prominent figures in the EVP field. The communications carried out by George Meek in 1994 – two decades after Raudive passed away – demonstrated that the Latvian doctor was still interested in making contact (this time from the other side) and in helping to create better communication channels between the two sides. And this is precisely the same that Rio do Tempo (or Timestream) has been doing. One of the functions of this group of deceased friends is to create a communication bridge between our world and theirs, to attest that death does not exist, and that we continue to develop in the other

side. Dr Anabela Cardoso has been communicating with Rio do Tempo since 1998 and has obtained important evidence proving that life continues after death. The contactees cannot reveal much to us, but the common message, repeated in many of the connections, stands out for the survival of the souls and our necessity to be aware of this reality, just like one of the contactees told Cardoso in his message "humans need to know about the light". The latest researches suggest that our brain is unable to realize that there is life after death, due to the assumptions we make from birth. Thus, Dr Robert Lanza (who supports the biocentric theory) thinks that death is a delusion created by our consciousness, since it is the one that determines the shape and the size of the objects in the Universe. We have been told that the sky is blue, but the brain cells also have the ability to perceive it as green or red. What we perceive only exists thanks to our consciousness. Lanza's theory suggests that the spatial-temporal dimensions are mental constructions. Since lineal space-time borders do not exist, death would be a fallacy, for we would always be dying and flourishing once and again, like a tree through the seasons.

Conclusion

The fact that we cannot see something does not always imply that it does not exist, in the same way that nobody doubts about the existence of the air that he breathes only because he cannot see it. Perhaps with the passing of time we will be able to create machines that can measure what right now many take as a fantasy, just because they do not perceive it. I want to believe that a day will come in which men will put their pride aside and dare to believe that we are eternal beings. That energy, just as the saying goes, is never destroyed: it simply transforms into something else. But regardless of all this, what is the meaning of death? I personally think that it is a mechanism by which we strengthen our souls, by means of the suffering caused by separation. It is to learn to live without somebody or something in order to see things from a

different perspective. To understand the briefness of our existence and separate the essential from the dispensable. What is really important will remain, and it will become stronger once we conclude this life...

Sources:

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