

Excerpt from Chapter One of

# Dancing Forever with Spirit

Then it happened. I was sound asleep in bed one night when I was startled by a strange noise coming from the doorway of my bedroom. I sat up and looked around, but I could not see anything unusual. My wife, Cathy, was sound asleep next to me, as was our little dog, Abby. Then I noticed a shimmering outline of a person standing in the doorway. This ethereal figure began moving toward me, and, when it reached the foot of my bed, I could make out its features. It was Albert in his homeless man disguise—exactly as he looked when I first met him on the street years ago.

“Where have you been, Albert? I have been trying to contact you for the past few weeks,” I challenged him silently in my mind.

“I have been here, watching you,” he responded as a voice in my head, “I wanted to be sure you were really primed for your next adventure. You must come with me on a trip, and when you return you will write about what you saw.”

I was surprised to see Albert once again as the homeless man, although I could not fathom his reason for doing so. I was truly puzzled about the trip he mentioned because it was the middle of the night, and I couldn’t get up and leave without telling Cathy where I was going and when I would return.

“What kind of trip do you mean? Where are we going and how long will I be gone?” I ventured.

“I will take you to explore your planet, other parts of the Universe, and the Spirit Side, so you will better understand what the Source has created and how you and the rest of humanity fit into the whole picture. You will travel with me in spirit form and leave your physical body behind. You will be back in your body before morning, and your wife will not be aware you were gone,” Albert reassured me.

He held out his hand, which I grasped firmly as I rose from the bed. I turned to look behind—and saw my body still lying in bed, sound asleep. I realized then that I was now in astral form, as Albert and I slowly floated upward through the ceiling and into the night sky. I felt light and airy, like fine white gossamer floating in the breeze. I could see our house down below and the lights of the city, which appeared smaller and smaller as we ascended toward the stars.

We continued to rise until Earth looked like a small blue orb floating in the darkness of space. Then Albert motioned for me to turn around, and I could see a doorway in front of us. The door frame was lit up with bright, shimmering light, but I could not see anything past the doorway—only a velvety blackness without any stars. Albert led me through the doorway to an amazing scene on the other side that was beautiful and breath-taking. I stood there motionless as I tried to take it all in.

I was in a gorgeous meadow filled with lush green grass and dazzling flowers with hundreds of different iridescent hues. Majestic redwood trees guarded the far edges of the meadow. The cloudless sky was a brilliant blue, and everything was bathed in warm sunlight. I could not see the sun anywhere in the sky—it seemed like the sunlight emanated from everywhere.

Albert beckoned me to follow him, and we walked slowly up a gentle slope. The verdant grass felt like velvet on my bare feet. My head was filled with a delightful, almost intoxicating, perfume that wafted up from the flowers, and my body glowed from the warm light that enveloped me like a diaphanous sheathe. *What a wonderful place to take a stroll*, I thought, somewhat whimsically.

When we reached the crest of the hill I could see a group of people on the other side, gathered near the bottom. Behind them in the distance I could see a city with white buildings and spires that shimmered in the light. As we got closer to this group I could make out several of the faces, and my heart skipped a beat. I recognized my mother and father, my brother Brian, my grandmother Hartney (who was the only grandparent I knew on Earth), and all of my aunts and uncles who had passed away previously. From behind the group a small black puppy sprang toward me, his little tail wagging his whole body. It was Oscar, our miniature Schnauzer who had passed on several years before. I knelt down to greet Oscar as he jumped up to lick my face. I gave him a warm hug and told him it was great to see him again. Everyone in this group had warm radiant smiles that lit up their faces as they approached me, one by one, to give me a loving embrace. I felt like I had arrived home after being away on a long journey. No words were spoken—it wasn't necessary—as the feeling of unconditional love that enveloped me spoke volumes.

They all appeared to be healthy and happy, like they were when in the prime of their lives on Earth. Although they did not look like how I last remembered them on Earth, I had no trouble recognizing them, except for a few of them who stood off to the side waiting for an introduction. I soon learned they were my grandparents, uncles, and aunts who had passed away on Earth before I was born.

Then my mother stepped forward, and I sensed she needed to tell me something. Even though Mom was still smiling warmly, I was a little apprehensive. While on Earth, Mom had been a very religious person—a devoted Roman Catholic all of her life. She had faithfully followed all

the rules of the Church and firmly believed that worshipping God in the ways prescribed by the Church was the only sure way to reach Heaven. And she had been determined to make sure her husband and five children would all join her in Heaven, even if she had to drag us kicking and screaming.

I was concerned because I had not been kind to the Catholic Church in *Dancing on a Stamp*, often poking fun at their arbitrary and illogical rules and beliefs. And since many of Albert's revelations contradicted the teachings of the Church, I wondered now if my mother was upset with me for writing my book.

Mom gave me another warm hug and allayed my fears: "Welcome Home, Garnet. I know what you are thinking, but there is no need to be concerned. If I was still on Earth, I would not be happy about what your book said about the Church. But now that I have passed over to the Spirit Side, I can see the big picture. I agree with everything you wrote in your book, and I think you did a great job in conveying Albert's messages to humanity.

"As you can see for yourself, everyone in your family who has already crossed over from the Earth plane has made the transition to the Spirit Side, safe and sound. The Spirit Side is truly a wonderful place full of love and joy, without any of the negatives found on Earth. You are only here for a short visit because you must return to Earth to complete your unfinished business. You have more books to write so other people can hear Albert's truths. Wherever you go, do your best to encourage everyone to treat all humans, all creatures, and Mother Earth herself, with the dignity and respect that flows from living a life of love, forgiveness, and compassion. And be sure to comfort those who are grieving the loss of a loved one by reassuring them that all souls return Home after their human bodies die regardless of what they did or did not do while on Earth. The passing of a person on Earth should be a time for celebration, without any tears, as everyone will eventually be reunited once again on the Spirit Side."

I breathed a sigh of relief and responded: "That's great, Mom. Somehow I knew you would not be upset—but it's wonderful to have the confirmation. Last year when I was speaking to a book club group, someone asked me what my mother would think about my book. I responded that she would not have liked it if she was still on Earth, but I ventured that you would have a much different view now that you were back on the Spirit Side. After the meeting was over, a young lady approached to tell me she was a medium, and when I was answering the question about your view of my book she could see you standing behind me, giving me two thumbs up."

"That was me, alright. I have been watching over you the whole time since I returned Home, even though you may not have been aware of my presence. Now it is time for you to continue your journey with Albert. We will see each other again before too long. Farewell for now."

Albert had been standing quietly off to the side, watching and waiting, but now he motioned it was time to move on. I waved farewell to my relatives and followed Albert.

Albert led me on a path through the meadow toward the gleaming white city ahead of us. As we got closer, its buildings, topped with domes or spires, loomed larger and more awe-inspiring with each step. Finally we reached the edge of the city and stood before an entry portal, with spectacular white pillars topped by a gleaming arch.

“What is this place”, I asked Albert.

“This is one of our cities on the Spirit Side, known as Aglaia. Come with me, and I will show you around”, Albert replied.

As we entered through the portal I was taken aback by the amazing vista in front of me. The streets were paved with smooth grey stones that looked and felt like slate. The white walls of the buildings shimmered in the light and felt smooth and warm to my touch, reminding me of polished marble.

The streets were filled with people, all with beaming, smiling faces that projected a sense of peace and joy. They all seemed to be going somewhere—except they walked with the leisurely pace of pedestrians who were in no hurry to get to their destination. The clothing they wore was stunning—with a plethora of vivid colors in many different designs and styles. I felt like I had been plunked down in the middle of a glamorous costume ball. Some of the garments I recognized from history books—they looked like the clothes worn by people on Earth from many different countries and eras. I noticed saris from India, togas from Ancient Rome, kimonos from Japan, doublets from medieval England, and flapper dresses popular during the Roaring Twenties. Many of the outfits were unfamiliar to me, but resplendent none the less.

While I stood there, transfixed and totally in awe of the indescribable beauty that paraded before my eyes, Albert explained that souls on the Spirit Side do not have a specific gender, and they can choose to appear as either male or female based on the sex they identified with most often during their incarnations on Earth. Souls are free to change their gender at any time, or they can discard their Earthly appearance and manifest themselves as globes of light. They will often dress in the clothes they enjoyed wearing in one of their previous lives on Earth, and they can change their attire as often as they wish. Every soul is easily recognizable to others by its inherent energy pattern, regardless of its external appearance. He pointed out that the clothing that was unfamiliar to me was worn in some of the ancient civilizations on Earth that left no historical records.

Once again, Albert gave me a gentle nudge as he led me down the broad bustling street. After a few blocks, we entered an open square with a fountain in the center, spewing forth a stream of

sparkling water that cascaded back into the reflecting pond below. The plaza was filled with people strolling casually or sitting at tables. Off to the far right I could see a choral group standing on a low stage. They wore flowing scarlet robes adorned with silver sashes and the carol they were singing was the most beautiful music I had ever heard—like a chorus of angels singing a song of joy. Their singing was so enchanting that Albert had to tug at my arm several times to break the spell.

Albert guided me towards a tall stately building at the far end of the plaza, a magnificent structure with Grecian pillars lining the front. When we reached the front of the building, which he called the Hall of Wisdom, we entered through the wide open doorway. At the end of a long hallway we stopped in front of a grand door made of shining burnished brass, and Albert gently announced our presence with the round door-knocker. Upon hearing the word “enter” from inside, Albert opened the door and we stepped into the room.

It was large and circular, with a high domed ceiling. The room was well lit without any visible light fixtures, as the light seemed to emanate from the walls. In the center of the room was a table in the form of a semi-circle, with the open section facing the door. The table was black and smooth, like gleaming granite, and it seemed to float in place without any legs or any other visible means of support.

There were eleven people seated at this table, facing the center of the semi-circle where Albert and I stood. They wore long gold-colored robes with a white sash tied around the waist. They looked very regal, with snow-white hair and smooth unwrinkled skin. Seated at the center was a striking woman with intense blue eyes. I sensed this person was the Chair of the panel.

“Welcome, Garnet. We have been expecting you. And thank you, Albert, for arranging this meeting,” the Chairperson began with a warm smile. “We asked Albert to bring you here so we could give you our message to humanity for inclusion in your next book. We would like you to disseminate our entreaties to all the people on Earth.”

“Who are you, and what is this place?” I responded.

“This is the Spirit Side, the place you came from before you incarnated on Earth. It exists at a much higher vibration frequency than Earth and it can’t normally be seen by people on Earth. It exists beyond the veil and is known to some people as Home, the Other Side, or Heaven. You will return here once again when your life on Earth is finished, but your visit this time will be short because you still have many things to accomplish before you cross over.

“My name is Sophia, and this is the Council of Wise Ones. It is our job to oversee Earth and the souls who incarnate on your planet. We provide guidance and counseling to all souls before they begin their lives on Earth, and we assist returning souls with the analysis of the lives they have

just completed. Our main function is to help souls design Life Plans that will enable them to grow and evolve through their experiences on Earth. We try to ensure that the lives that are chosen are not too difficult for a particular soul (which can hinder its evolution if it rebels too much against the harshness of the life) or too easy, without appropriate lessons to be learned and challenges to overcome. We are here as well to counsel souls currently incarnated on Earth—to assist them with any adjustments to their Life Plans that may be desirable. Like all other souls, you travel to the Spirit Side every night during sleep to consult with this Council and your guides, but you don't remember these trips since you pass through the shroud of forgetfulness every morning when you return to your body.

“You will remember this visit because we want you to write about your experiences on the Spirit Side and your other adventures with Albert. We want you to tell everyone what you will see and learn on this journey. We think humans are ready for these new insights, which we hope will help them make the transition to a new awareness.

“Are you willing to undertake this task?”

“Albert has already twisted my arm about writing a second book, so it's a moot point at this stage. What would you like to tell me?” I ventured.

“To begin, we want you to understand the transition that is now happening on Earth and its implications for your fellow humans.” With a small wave of her hand, a large holographic sphere, filled with swirling blue and white vapors, dropped down from the ceiling and hovered above the floor. The swirling vapors quickly dissipated, leaving behind a crystal clear image of Earth, as seen from space. I could see the outlines of North and South America and Western Europe, which was partially covered with white clouds. It was breath-taking to see Earth from this viewpoint.

Sophia let me stare at Earth for a few minutes, and then began: “Your planet and its human inhabitants are at a major inflection point in their history. Humans are in the process of expanding their consciousness and transitioning to a higher vibration frequency, but they still need a lot help to achieve this. If this does not occur in a timely fashion, the consequences could be tragic for Earth and all of its inhabitants.

“This shift will allow those who have increased their vibratory rates to transition to Earth in a higher dimension—a place often referred to as the New Earth—where the negative aspects of life on Earth don't exist. The New Earth is a place where all of its creatures, including humans, live in peace and harmony, without conflicts or wars and without killing and maiming—a planet filled with love, compassion, and forgiveness. In the New Earth humans do not pollute the atmosphere, the water, or the soil, and they do not abuse the other creatures on the planet. And

all the negative emotions that have been prevalent throughout human history, like fear, anger, hate, jealousy, and greed, are non-existent.

“Some humans have already made the transition and many others are in the process of making the shift. Unfortunately, there are millions of humans who are not even aware of what is going on around them.

“Human civilization is at a very advanced stage right now. You have created advanced technology that has made life much easier for most people; however, this technology has not been universally beneficial to everyone. Many people on Earth do not have enough food to eat or clean water to drink, and not everyone lives in a comfortable house, has access to the internet, or lives free from the fear of arbitrary violence. Furthermore, your advanced technology, with its weapons of mass destruction, is capable of destroying all living creatures on your planet if it is used for the wrong purpose.

“Earth has been home to many advanced civilizations in the past, like Lemuria and Atlantis, and none of them have survived. Several were destroyed by the actions of some of their citizens, driven by greed and the lust for power, who used technology to pursue their own goals. And whenever these civilizations collapsed, humanity had to start all over again. Humans are now once again at a similar stage of development, and they are facing the same crucial test: can they avoid destroying their civilization so all humans will have the opportunity to transition up the vibratory ladder, or will they crash and burn like these other civilizations that flopped in the past.

“Mother Earth herself is becoming impatient with humans and their abusive behavior. She is weary of humans who abuse other creatures and pollute her oceans and rivers, her fertile soil, and her atmosphere, with toxic chemicals, noxious emissions, and tons and tons of unsightly garbage. And make no mistake that Mother Earth is capable of fighting back—she can increase the number and intensity of your natural disasters, such as earthquakes, floods, hurricanes, tornados, and volcanic eruptions, as a way of hitting back at humans. Ultimately, as a last resort, she has the ability to wipe out human civilization so that she can start over again with a clean slate.

“For humans to avoid destroying their civilization with their own technology, or being wiped out by natural disasters, they must hasten the transition to the New Earth by increasing their vibratory rates and making the ascension to a new level of consciousness. To do so, they must learn to control their negative emotions and embrace love, compassion, and forgiveness.

“That is why humans must be especially vigilant during these times. Those people who are enlightened must be diligent with their efforts to help all humans make the shift, so that human civilization will continue to flourish in the New Earth.”

I stood there silently, soaking it all in. This was a lot to comprehend all at once, but I sensed the urgency in Sophia's voice. "What can I do to help the cause? What can one person do to alter the mindset of millions of people?"

"You must do your best to make all people aware of the situation and encourage everyone to work hard at making the transition by writing about your visit here and the other things you will encounter on your journey with Albert. You see, this is just the first stop on your adventure—Albert will take you to on trips to explore your planet and other parts of the Universe, and you must describe it all in your book.

"This Council has been helping your cause in many different ways. We have been increasing the pace of the messages we are sending to humans about the coming transition, because time is becoming crucial. Our messages are sent through a number of different channels and messengers, with the hope that more and more people will understand the problem and become part of the solution. Increasingly, we have enlisted more advanced souls to incarnate on your planet to assist humans through their leadership and wisdom. And many advanced civilizations on other planets in the Universe have answered our call for help, and their assistance has been very positive. Albert will introduce you to some of these extra-terrestrial life forms (ETs) on one of your trips so you can see for yourself.

"This is enough for now. You must continue your journey of exploration with Albert."

Sophia and the other members of the Council rose from their chairs and filed out of the room. Albert and I left the Council chamber and relaxed on a bench in the plaza outside.