

only) or if they are earthbound or if they are of those who do not proceed to the psychic plane but linger near the earth and are soon reborn.

Universal statements cannot be easily made about these things — there is a general line, but individual cases vary to an almost indefinite extent.

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There is after death a period in which one passes through the vital world and lives there for a time. It is only the first part of this transit that can be dangerous or painful; in the rest one works out, under certain surroundings, the remnant of the vital desires and instincts which one had in the body. As soon as one is tired of these and able to go beyond, the vital sheath is dropped and the soul after a time needed to get rid of some mental survivals passes into a state of rest in the psychic world and remains there till the next life on earth.

One can help the departed souls by one's good will or by occult means, if one has the knowledge. The one thing that one should not do is to hold them back by sorrow for them or longings or by anything else that would pull them nearer to earth or delay their journey to their place of rest.

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It may happen to some not to realise for a little time that they are dead, especially if the death has been unforeseen and sudden, but it cannot be said that it happens to all or to most. Some may enter into a state of semi-unconsciousness or obsession by a dark inner condition created by their state of mind at death, in which they realise nothing of where they are, etc., others are quite conscious of the passage. It is true that the departing being in the vital body lingers for some time near the body or the scene of life very often for as many as eight days and, in the ancient religions, mantras and other means were used for the severance. Even after the severance from the body a very earthbound nature or one full of strong physical desires may linger long in the earth-atmosphere up to a maximum period extended to three years.