

Transforming from Human to Spirit: One Blogger's Account of What Happens After We "Die"



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What is the transition like when we cross over from human to spirit? What happens after our life reviews? Do we meet our spirit guides on the other side?

via [Afterlife101](#),

- As soon as they leave their human life, all individuals are met by angels and spirit guides, pass through a tunnel, and they are greeted by loved ones on the other side with various degrees of love and warmth and light and welcomed back to their spiritual self so that the death experience initially is never frightening to anybody.

- One making the transition is always greeted with love and a sense of safety and a sense of protection, a sense of freedom and always in a light so bright and so warm and so encompassing as they have never experienced before in human form. As a spirit soul progresses into its new life form, it will progress into various shades, tones, colors of this bright light.

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- Once you have moved into your soul spirit you go through [your most current life review](#). After one has had their greeting and their life review what then becomes heaven then becomes much of the spiritual consciousness that the individual brought with them from the earth during this most recent past life on earth.

- Once a new spirit moves through the different phases of releasing from its earthbound life it begins to gradually move into the spiritual consciousness that it has obtained and finds that it is losing earthbound forms and earthbound dimensions and begins to [experience things telepathically](#) and through various forms of energy rather than through three dimensions as it has experienced on earth.

- There are those spirit souls who are so evolved that they do not find it necessary to remain connected to those on earth for they know that there are other angels and spirit guides with those who have remained on earth and they are ready to move into their more highly evolved true selves.

- When you have finally made that crossing over from earth and are in heaven, you are allowed to experience heaven as you would like to think of heaven being and that has to do with many different conscious levels. Initially, your heaven experience is still an experience of something that you connected with when you were on earth. You eventually move

beyond that sense of earthly pleasures and begin to move within your own spiritual consciousness and spiritual place.

- Your [spirit guide](#) is an overseer of bringing together all your loved ones upon your arrival in heaven because many of the people that you have been in contact with on earth are at various levels of spiritual consciousness. A spirit guide is there to continue their direction and guidance and helping you as you make this change from earth to the other side.
- When you cross over you do not take pain, anger, and bitterness with you, but will oftentimes be quite confused as to your new experience. You take all of your knowledge with you—everything you have learned through books, everything you have learned through your experiences, everything you have learned through your emotions, for these are all things that help you evolve as a spirit.

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- Initially, after an individual dies and makes its transition, its spirit can choose its appearance which will often be similar to that experienced during the prime of their life. Alternatively, those who have evolved so quickly in this lifetime spiritually will simply evolve into a form of light or angelic form and not find it necessary to go into any past physical form.
- The spirit is the true essence, the true energy of who you are. The soul is like the connection between your spirit and your humanness. And your [soul](#) is with you in your human body, together with your spirit, and when you depart from your human body your soul moves into your spirit and that soul remains with your spirit.
- The soul of each incarnation carries the energy of every incarnation but is not necessarily predominant in the soul as it attaches to a new incarnation. For each incarnation has its

own energy, its own personality, its own ego and that's what forms in the soul to help connect to the spirit of your humanness. Many times you have things that are happening to you in your current life which you have no understanding for why it is happening, and it can be a deep-seated carryover from a past life which could go back for many past lives.

- The [higher self](#) is your spirit that continues to live through all three-dimensional lifetimes and is always there.
- Every individual upon earth has a spirit guide to help them in their [consciousness evolution](#) at all times. You have many, many other spirits who are around, spirit guides who are teachers or who have become more highly evolved than you are, and they are there. They are your teachers. You can call upon any spirit guide of any level at any time.
- Many times when you think you are calling upon a [spirit guide](#) when you are looking at earth situations, you are really calling upon the earth angels and they are there to help you for what you on earth consider mundane energy help, other-dimensional help. Oftentimes you call upon your [angels for protection](#) and many times the protection is needed—more than an angel, a spirit guide is needed.
- Initially after crossing over individuals still see themselves in the body that they had on earth and they see their individual loved ones as they remember them and see them in those bodies they had on earth.
- A life review is not done with pain or emotion. It is done with fact to see what your [life experiences](#) did in either helping you to evolve more consciously or putting hindrances in that energy flow and thus not allowing you to move into a more spiritual concept while on earth. You will see how every thought, every action, every experience you had on earth affected you and affected those around you.
- During the [life review](#), the individual is experiencing its

most current past life and not other [past lives](#).

- Once an individual loses its earthbound connections and begins its true spiritual journey, it then becomes aware of all of its lives and all of its experiences.
- A [Council of Elders](#), wise spirits of both male and female energies, is present the majority of the time during the life review there to help support the new spirit energy as it looks at all of the events that took place in its lifetime.
- The individual crossing over will soon see that the loved ones that have met them while crossing over will generally leave them and go to wherever their place in heaven is. Some will continue to be with them because they are at the same [spiritual consciousness](#) level. And yet their presence is more in the background for a considerable amount of time because the new spirit crossing over has many phases to move through until it reaches that vibrational level of its true spirit.

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- Each [spirit soul](#) that crosses over and moves into its full spirit soul energy of all lifetimes does continue to remain in contact with the energy of all their loved ones from this most current lifetime. They are often there to help loved ones in difficult situations and in joyous times. Though they are not with those loved ones on a continuous basis they are able to at free will choose when to be with those loved ones.

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