
In our last issue, Prana introduced us to his first Near Death Experience (NDE). We read with amazement about his uncommon perceptions and benefitted from his unusual ability to describe in great detail what he was shown when he found himself clinically dead but not at all without awareness about his state of consciousness. He also did not find himself alone, but enjoyed the assuring assistance from what he called his guides. These presences seemed to have been quite aware of him and his process, welcoming him joyfully. But they promptly send him back into life again after his "heavenly" visit, with the implication that he would return soon and that these experiences were part of his Pre-Birth Agreements.

Here, in Part II, Prana describes his second NDE, which occurred during an 18,000 mile, 21-month expedition from Alaska to Tierra del Fuego in the spring of 1989 - ten years after his first experience. Prana traveled on a fully loaded touring bicycle, equipped for any and all conditions in that he carried

all the necessary camping gear and food he might need for a few days away from civilization.

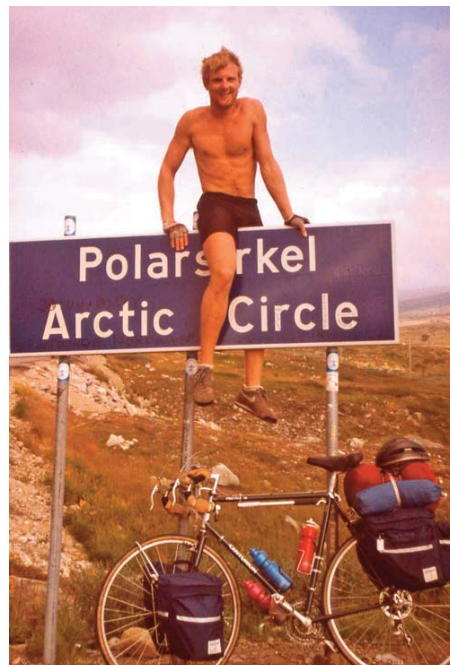
While passing through Mexico, he stayed with a few newfound friends and, one beautiful morning, enjoyed a wild body-surfing session at the nearby beach. In typical Prana fashion, as the waves grew larger and other surfers more and more careful and prudent, it appears that our dear author grew more bold and daring. During this dare-devil challenging of ever growing monster waves, as he describes them, these powerful waves would almost "knock the air out of me even when I was belly down on the sand, but I was always positioned to catch a great wave after each monster, so I kept doing it." After a particularly challenging event that left him bruised and breathless, desperate to come up for air and with a prayer on his lips, he ran out of luck because the "mother of all monster waves" was coming at him with no time to catch air, much less escape to the beach. And so we reenter into Prana's narrative right here, as he struggles with relentlessly approaching, suffocating ocean waves. *SOL*

Jumping in and out of Death

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"I didn't even have time to get all the way down when thousands of pounds of salt water pushed me extremely aggressively into the sand below, forcing out about 90% of my already depleted air reserves, and almost knocking me unconscious as my face also slammed into the sand. I saw stars, but had just enough wherewithal left to push off towards the surface, and just barely got my mouth out of the water just enough to get about a quarter breath when I looked up and saw the biggest monster yet right in front of me. At that point I knew I was going to die, and I tried to save myself by diving down, but I was dizzy, exhausted, out of breath, and aching majorly from the violent impacts.

Right then things began to slow down just as they had right before I slammed into a stationary car at 100 mph on my motorcycle 10 years earlier, but not nearly as much this time because I needed less preparation. I began to hear the music of the spheres underwater, and I again felt the reassuring, loving presence of my guides, as they reminded me that this was the second in my pre-agreed upon Near-



Death Experiences. I saw that I was aimed into the sand headfirst, and that there was no way to avoid being a human nail with a ten thousand pound water-hammer driving me in. But one of the strongest impressions, which is really fun to remember, was that I was hanging out quite comfortably underwater without having to breathe.

The memories of my first NDE flooded back in, and I felt like only a few minutes had passed since I had "re-inserted myself into the hologram" (re-entered my earth-suit) ten years earlier. Back in 1979, when I reentered my body, my guides had jokingly said, "See you again in a few minutes!", and from the spirit world perspective they had been right. I began to bi-locate even more as I floated in my spirit body under the water watching my physical body slowly move towards the ocean floor. My guides were helping me to make the transition as easy as possible by "pulling most of my spirit out of my physical body" before the imminent impact, just as they had in 1979. I was at peace with it all much more quickly this second time around, and was ready to die gracefully with much less preparation time. Quite honestly my spirit was really exhilarated by it all, but the physical human part of me was in a state of horror, shock, and trauma.

I so vividly remember the sensation of blissfully floating underwater without having to breathe or being tossed about by the waves that were frozen in time. Finally, after some more preparation (which is a whole fascinating story in itself), the moment was near, and the more or less ten percent of awareness that was still left in my physical body felt "reality"

go back into "real time", and a second later I watched from the outside and simultaneously felt my head smash into the sand, which ripped my neck muscles, and knocked me unconscious. (My spirit guides had said it was important to have about ten percent of a physical memory of the impact and resulting "death" experience.) I was experiencing bi-located awareness again and from the perspective of my spirit body it was amazing, but from the perspective of my physical body, it was ultimate horror.

Then the "physical" scene went into freeze frame with my physical body suspended in time, and we rose up into the atmosphere and entered space just as before, but this time I was very comfortable with it all and knew (or thought I knew) what was about to happen. I saw the sacred geometric grids around the earth that extended off into infinity, as well as the tunnel of light that my guides called "the place of souls", souls whose evolutionary history was specifically associated with the planet earth. At that point I was perceiving with many more senses than just the six we consider normal for humans, and watched in awe and amazement all the occurrences in the universe which are beyond average human awareness. I watched the central sun of this universe communicate constantly and instantly, in a language of vibration/light/sound/geometry, with every other sun in this universe, and how each sun would in turn relay that message to the planets in its solar system. I saw how those emissions were affecting the DNA structure of all life in the universe, causing it to evolve in accordance with the Universe's divine plan. I saw backwards and forwards in time to the creation and destruction of our universe, and uncountable universes that had come before, as well as those to come...but really, it was all happening NOW.

My life review came up on a screen of sorts, but this time it took twenty-seven years in real earth time to watch, because there were ten more years since my last NDE to re-experience. As I did the time before, I experienced multi-location, finding myself as the neutral witness, the doer, and the receiver of every thought, word, emotion, and deed that I had either consciously or unconsciously chosen to manifest in reality. This included even those humans who receive from the receiver, as well as all of creation. But to be even more specific about these receivers, the flow of energy that I had set in motion did not stop with those on Earth but went out into all of creation with its particular quality of vibration. And again, every single moment of my dreamtime was relived as well. I marveled at how I had not taken many of my dreams seriously, and at how they had always revealed to me the answers to life's questions.

I had many senses beyond those six common to humans, and my guides began to show me what these senses were used for, but the memory of most of the finer details is being blocked as they told me it would interfere too much with my earth-life to remember such things.

When I gazed at the planet through a certain particular dimensional filter (using another sense beyond our six) I saw flashes of light each time a human was born or died, and there was also a sound and a feeling associated with it. And the sound and light were different for birth and death, and the difference was easy to perceive, though I cannot describe exactly what it was, except that the frequency and pitch were easily distinguishable from my perspective. In all of my NDEs I also perceived that same phenomenon with myself, as I exited and entered my own physical body. As I observed from space I was in awe as I watched/heard maybe about five or six birth flashes per second, and only about one death flash per second, and realized that the population of Earth must be growing quickly.

Through that particular filter I could not see any third dimensional manifestations on Earth. No cities or roads on the light side and no human-created lights on the dark side. Yet as I gazed down I saw those birth and death flashes coming from every part of the globe inhabited by human beings. And of the souls who had died most made their way into the tunnel so often described in the near death literature, but some seemed to remain earthbound. Those who entered the tunnel were always escorted by more evolved spiritual beings, and I knew that because I could feel their frequency and they looked and vibrated differently, though further detail escapes me at the writing of this article. My guides explained that it was not my Pre-Birth Agreement to bring that particular information in detail to the masses, and that other souls had signed up for that task.

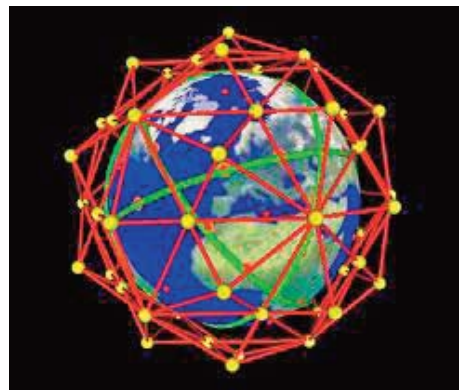
Through yet another sense beyond our six I could no longer perceive the birth/death flashes/sounds but I could perceive a sacred geometric grid-work around the planet that extended off into infinity, interconnecting everything in creation. (About four years after NDE #2 I learned that one of the structures that I'd seen is called a "double-penta-stellated-dodecahedron".) I observed that this structure seemed to be altering the way in which the emanations from the sun were affecting the planet, but did not understand how.

Through yet another sense I could see the thought-forms that were being created on earth and how they were affecting the entire universe. It was easy to distinguish between the negative ones and the

positive ones, and both emanated out from the planet and seemed at first to conglomerate according to like-frequency (birds of a feather) and then to ride the geometric grid-work off into infinity, like voices on telephone wires. Another interesting thing I noticed was that the grid-work lines were paradoxically both straight and curved simultaneously, just as the *nano-worm hole fiber optic filaments* were inside what I called the *Cosmic Egg of Infinite UN-manifest Possibilities* (as described in more detail in my prior article in SOL #8).

After those images my attention was directed to the tunnel of light, which the guides called the entrance to the Place-of-Souls associated with Earth's evolution. It was then explained to me that I was not associated with earth's evolution, but that I was from a location that they told me I would not be able to remember in my earth-suit until near the end of this cosmic cycle. Knowing it, they said, would make it extremely difficult, if not impossible, for me to complete my divine mission. They said that I would simply and quickly choose to leave the Earth plane if I knew, and as of the writing of this article I still do not remember. They explained only that I had volunteered to come and aid in the uplifting of the human race at the most critical juncture in its history, and that I would remember all of the details around the time of the Ascension, and also, that I had agreed to all this beforehand. They also mentioned that millions of other Light-Workers/Star-Spirits had incarnated to do the same thing; it felt good not to be alone in this.

We then proceeded to enter into the tunnel through what I can only describe as the "back door", and I do not recall exactly how, but I do remember that each time we shifted dimensions there were frequency and amplitude modulations of light/color and sound. When I fasted alone in the wilderness for thirty days at two different times in my life, and once for twenty-two days (the first seven days of which were without food *or* water) I was able to hear those sounds again, as well as the music of the spheres, which simultaneously brought me both great joy and a terrible longing to



go home. I could also begin to see those light/color changes in my Third Eye, but they, for some reason, never became quite as strong as the sounds.

In the Place-of-Souls I saw souls grouped according to their level of evolution, just as on earth students are divided into classrooms based upon age and ability. There seemed to be amazing palaces and campuses, but everything was very molten and could morph into anything else as needed or desired. It is there that I learned that the memories of my past lives were not actually mine, but rather I had studied what they called "latent impressions" of lives that other earth-based souls had lived. I studied them virtually (by "becoming" them) to the point where I could feel fairly comfortable on Earth, and almost feel as if the past-life memories were actually mine. The objective was for me to feel as much a part of Earth's evolution as souls that had originated in the Earth domain. But quite frankly, in my opinion, it was not enough, and Spirit needs to re-work its system as I have felt out of place on Earth for my entire life, and never quite knew why until these memories started returning.

In the archives I opened "books" of people's lives that were actually their final life reviews, and there was a "movie screen" inside that I could "dive into" as I inserted my consciousness into the movie of the latent impressions of that particular soul's life. To be clear though, in that realm of spirit, no one referred to lives as "my" life and "your" life, it was just "the one life" (the ocean) and the particular experiences of one soul were just seen as "one drop" in that ocean. In other words, we weren't invading another soul's lifetime by looking or exploring, because all is known and nothing can be hidden, but rather we were simply choosing to experience yet another way in which the One-Ocean can experience itself through it's drops. All lifetimes belong to everyone, because there is no separation, and the nature of creation is to forever expand into ever-new experiences, so that all of creation can benefit from each new and unique perspective.

We then left the Place of Souls and appeared in the dimensional realm where the Cosmic Egg, and the Cosmic Rainbow abide (which my intuition says is the thirteenth dimension) for some further lessons on how to use these phenomena in daily third-dimensional earth-life. This information alone was so detailed and comprehensive that it would warrant the writing of a separate article.

Thereafter, I was introduced to **The Five Laws Of Creation:**

1. Every-Thing is **ONE-Thing**.
2. That which is **Eternal Is Real**, and that which is **Temporary Is Illusion**.
3. All possibilities are occurring simultaneously, **Right Now** (except

- the possibility of these five laws being temporary/illusionary).
4. That which is focused upon is experienced (Law Of Attraction).
5. Everything is temporary/illusion, except for these five laws.

My guides explained these Five Laws in greater detail:

1. There is absolutely nothing that exists outside of the *ONE-Self*; there never has nor ever will be anything else. They said that if anyone fully understood and lived



out just this one law, then none of the other laws would really matter. But since human beings do forget, the other four laws are in place to help them recover from "spiritual amnesia". There is absolutely only one force in the universe which has no name, but the closest words we have would be Love and Light, though they are not fully accurate because there are words that seem to be their opposite (e.g. hate and darkness). There is absolutely no war of Light against Darkness; there is only either the remembering or the forgetting of the First Law Of Creation. Any being who fully remembers the first law *cannot* harm anything or anyone in any way, shape, or form. The words to one of the songs I kept hearing in the music of the spheres applies perfectly to Law #1: "From the lightest light, to the darkest dark and everything in between, and as always, in all ways it is always, all you."

2. Anything and everything that we can perceive with our five senses is temporary and therefore is a part of the *Grand Illusion*. However, with our sixth sense and the higher ones beyond that, we can perceive *The Eternal*, which is the only thing that is really *Real*. The Eternal can never be sensed outwardly, because all outward mani-

festations are *Illusion*. But it can be sensed inwardly because that is where the *Real* dwells; however, the *Real* also IS the basis of all illusion, but in a masked form, and there really is no "inward" or "outward".

3. They then taught me that it is not possible to "create" anything because everything, all future, present, and past, is already created. Yet all those potential realities lie in a static form awaiting Self-Aware Consciousness to animate them or - seemingly - bring them to life. There is no possibility that you can imagine that is not already created, the only question is where will you choose to place your focus, and will it be by conscious choice or will it be by "default"?
4. We always dwell within the *Cosmic Egg Of Un-Limited Un-Manifest Possibilities*. There is no other place to be except "The Void". Yet the only possibilities we experience are the ones into which we invest our consciousness. In other words, nothing has ever occurred, or will ever occur by coincidence or chance because "We Are Always At The Center Of Creation", deciding - whether or not we are aware of it - with every single thought, emotion, word, and deed what we will experience next. And the more we evolve, the more possibilities we can experience simultaneously, yet none of them are *Real*, until we realize "God" which is the aspect of us that is experiencing *all* possibilities simultaneously.
5. This law was added to save us from searching endlessly within the illusion for something that is not there.

We then returned to the dimension where my life review had reached the moment of the drowning, and they began to talk about the third law of creation and how to apply it to my current situation. I was in a position at that moment to literally decide a new and different fate for my earth-suit, and we began to explore the most valuable options, of which staying dead was not one. There was the option of being saved by others, yet sustaining a permanent spinal injury that would render me a quadriplegic for life. Quite honestly, from my spirit world perspective, that was not a bad option, because I saw the potential futures and the powerful lessons that others and I would learn. Another option was where I was terribly injured, yet learned to master self-healing techniques and then went on to teach others, and on and on the possibilities went. The one I ultimately chose was a scenario where I was washed up on the beach by the next wave, and immediately had some people run to me and push the water out of my lungs, and get me breathing again, as I puked

up salt water, coughed horribly for a long time, and felt like I'd been hit by a train. I was not able to fully turn my neck again for over a year afterwards, and felt more damage to the same places in my spine that I had injured in 1979.

The whole point of the exercise, though, was to follow the most ideal potential destiny lines and decide the "now" based upon its ability to lead me on the path of my *Cosmic Blueprint* - which is always the path of least resistance and greatest joy. And please note that by the expression "least resistance" I mean to say: that which is most beneficial and enlivening for the soul. For example, I rode a bicycle around the earth, a tremendously challenging, dangerous, and arduous undertaking, yet for me there was much less resistance in doing that than in not doing it, and for the rest of my life beating myself up and saying, "Why did I not do it when I had the chance?"

Then my guides showed me the "potential destiny lines" for the planet Earth, just as they had in 1979, and those lines looked really different ten years later. Back in 1979 there were so many prominent lines associated with nuclear war, and partial and total destruction of the entire planet, as well as lots of other horrible scenarios I have no desire to describe. However, in 1989 these probabilities were becoming less and less likely, as the Berlin wall would soon be torn down,

and the collapse of the former Soviet Union was imminent. Most of us who were adult back then remember how the cold war was very much a dominant vibration on the planet in 1979. Then, by 1989 how so much consciousness had shifted towards a more positive outlook for the future due to the Mayan Calendar inspired Harmonic Convergence in 1987, as well as to the huge influx of light-workers choosing to incarnate on the planet.

Meanwhile, it was time to descend into my earth-suit once again, and I began the re-entry process. As we went back into the third dimension and reentered Earth's atmosphere, the guides explained once more that I would forget most of what I had experienced, but that certain key life experiences would reawaken the memories at just the right time to serve for my highest growth and the highest growth of the planet. They would be situations like déjà vues, meeting certain people at certain times, seeing certain new places, reading certain books, etc.. Many of us have had these experiences and know how it feels to stop time for a second, or a minute, or longer. My suggestion to anyone is: Please listen to those synchronistic events with great reverence, because they are always leading you back to your Cosmic Blueprint, which is where your greatest bliss lies. They are snippets of other-dimensional angelic communications from your Higher Self that you actually requested before you

were born, and/or anytime you pray for help and guidance from the unseen dimensions. The guides asked me to stress over and over again that we must ask for help/guidance before it can be given, because of the *Rule of Non-Interference*. An exception to that rule they told me was the *Rule of Grace*, where a being somehow generates a frequency that attracts help/guidance without knowingly requesting it, but it always occurs to fulfill a higher purpose in evolution.

As I drew near my "Earth-Suit" which was still frozen in time, I again, just as in 1979, experienced a huge desire to not reenter it, and a simultaneous feeling of great nostalgia to be back in that particular *third dimensional character-time-space continuum reference point vehicle*. I had already decided upon the time line that I would "seem" to experience, and all that lacked was my re-inserting myself into the hologram, which I did a moment later. My guides once more said joyfully, "see you again in a few minutes", and there was that flash/sound transition, and the next thing I remember is first hearing people around me, then feeling them touch me, then opening my eyes to see people and sand, as I vomited salt water, and coughed it up painfully from my lungs.

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Part III to be continued in SOL #10

