

*A Handbook Of Life After Death
Channelled Through Ormond McGill
By His Wife, Delight, in Spirit*

*Grieve No
More,
Beloved*



The Book of Delight

by Ormond McGill, scribe

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Beloved:
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INTRODUCTION

This is a book about death, and yet it is a joyous book. Really it is a cause for celebration, for it tells that loved ones are never lost, about life after death and about your immortality. I wrote the book, and Delight spirited it.

My beloved wife, Delight, died of cancer, as many others have died. She was seated partially upright in her bed, her eyes open just a little, with a serene look upon her face which seemed to be saying: "This is wonderful". I choked up, kissed her stilled lips twice, and they led me from the hospital room.

When a loved one dies, thoughtful relatives and friends will flood your home with flowers and all manner of nice things, and your post is filled with hosts of beautiful sympathy cards expressing in many kind ways: "Bear up - find happiness again, for you still have the wonderful memories of the departed to comfort you. . .". Lovely sentiments, and surely appreciated. But, honestly, how much more one wants than just memories. One wants an assurance that the beloved lives on beyond death, that the separation is but a temporary matter, that in time you will be united again.

The two weeks following her death were a time of tears for me. It was a gulf of loneliness, yet I ate and slept, even if fitfully, as the body demands that. In the middle of the third week I awoke in the early hours of the morning with a strong sense of Delight's presence near me. The experience in every way was of her consciousness that I had known so intimately for the 33 years of our life together. Her presence, as it came to me, was in the nature of a subjective experiencing of an objective phenomenon that was immediately recognizable as her individual self. I will explain a little . . . every person radiates a certain personal magnetism that is distinctly of themselves. When you hold your loved one in your arms, you are certain to feel it. This "flow of feeling" is as individual a mark of a specific personality as is one's thumbprint. Between Delight and myself the "flow of feeling" was remarkable, and even at the lowest ebb of her illness never ceased to be of high intensity, and identified her spirit (as distinct from her disease-racked body) on the instant.

To me, the forces of love and personal magnetism are things of the

soul, and remain unaffected even with the body's decline and eventual passing. Lovers experience this intimate exchange continuously. As Delight's body declined in physical health, the strength of her spirit increased in direct ratio. I could see it in her eyes. I could feel it in her body. It was ever-present and still is. Far more than just memory, it is a thing alive and immortal. It is a testimonial to the existence and the continuance of life after death and beyond.

The personal nearness of Delight following her death brought many insights which would flood my being,¹ insights which spoke of death and what lies beyond death. It was a communication between our spirits, as it were, which was as intense as any I had ever felt during our many years of superlatively happy life on earth together. As the days passed, the clarity of this communication (really communion expresses it more accurately than does communication) increased so that we could deal with specifics of what lies beyond the grave or a mound of ashes sealed within a jar. It was a love experience.

I questioned this very matter of spirit communications and on this Delight counselled that when a loved one dies there is a natural desire to communicate with the departed. There is only one type of spirit communication which has real value both to the disembodied soul and those still embodied, and that is a "spiritual rapport". Such communication seeks no phenomena of manifestation, but is a continuation of personal intimacy between souls, both in-body and out-of-body and/or within form or without form on both sides of death. It is a communion maintained as a sympathetic connection with those near and dear by ties of love or friendship in both realms, and has a highly spiritual nature entirely devoid of nearness in terms of physical space.

The ties and bonds between the disembodied soul and the soul still in the flesh in earth-life may be thought of as spiritual filaments, something like a transcendent form of telepathic rapport. When the disembodied soul is thinking of the loved one on earth, the latter

¹I use the term "flood my being" as this is the manner in which insights from Delight occur. They come in as a whole, as a totality. One moment they are not there, the next they are there. Embellishing her insights and putting them into orderly form so that they may be shared with others is my position as writer of this book.

frequently experiences feelings akin to the physical nearness of the departed person. In the same way the disembodied soul experiences a sense of nearness from the person in the flesh when the latter is thinking of the former. Both become a channel unto the other, and both benefit from the close communion.

Such experiences come as a wonderful proof of the continuation of life after death. The communication can be as great in degree as if they were alive and here. Feelings of love and affection between separated souls is wondrous, for both seem to be comforted and strengthened and even to find pleasure and joy. It is a beautiful phenomenon. It may be regarded as a sacred relationship. Let this "love bond" be the means of spiritual communication as a rewarding experience.

Thus, from Delight many insights telling about death and deathlessness have come through to me. They have brought great solace and understanding and, while many of these experiences are personal, the truth of what they represent and the truths of what they tell - from the position of transcendental wisdom - are most assuredly not exclusive. They belong to everyone and provide a comfort I happily share with all who hold in their hearts a beloved one who has passed onwards, even as Delight.

There is so much that one wishes to know about death and life beyond death, so many questions to be asked and so many answers to be sought, that the search is wondrous. Delight tells it so beautifully and with such depth of enlightenment. Here is assurance that loved ones live on after death, that any heartfelt separation is temporary, and that those who love will be united again. Furthermore this book will remove your own fear of dying, for it affords a glimpse of what lies behind the "Veil of Death". It assures you of your own immortality.

I will ask the questions and Delight will light these pages with her answers.

CHAPTER 3

WHAT IS IT TO DIE?

Insights about death and life after death came into my consciousness in repeated sessions from Delight. She continued to tell what dying is in relation to how it will be experienced:

"The only absolute certainty you have in life is that you are going to die. The moment you are born you start dying. Every breath you take brings you closer to death. It can be said that a man's lifespan may be measured by how many breaths he will take during that lifespan. To go deeper, all is relative since it may also be said that a breath is to a man's single lifespan as one lifespan is to the time that life has been on the earth.

"First it must be understood that life and death are each part of the other. Each is simply a differing phase of the continuum of the individual. To 'die' is merely the passing forward from a completed episode of Existence. The truth is that there is no death at all - there is only life - but it is difficult to understand when it is expressed that way because only positives and negatives can be readily understood in relation to our Existence. Therefore let us say that life is the fact and death is the non-fact, so the mind may better understand, unless you already have sufficient awareness to drop duality and appreciate the Oneness in all that is.

"So I will express life and death in a positive and negative sense and tell of phenomena which will occur to each individual as a consciousness experience in dying, which is the 'Veil' that shrouds the space which is without space . . . the Shadowland lying between life and death. 'Shadowland' is a sort of symbolic description but actually it is as real as any space on earth. It is mysterious in its own way but really it is quite wonderful.

"This 'Shadowland' is the lower plane of Existence which awaits just beyond the doorway of death. It is a space beyond space designed for your (I could use the term 'your soul's') cleansing prior to its advancing to higher states of Being in the life beyond death - or its prompt returning for another bout with physical Existence. Two sides

of Existence for everyone is the truth. Really just calling them the positive and negative aspects of the same thing comes closest to the truth. We can also express it as the world in which you find yourself after making the transition of death from the familiar physical world.

"Beyond this Shadowland lies the world of spirit. I like to call this the 'mind-world', as to me that explains it best - it is so spiritual in nature, or I can just call it the two sides of Existence, both worlds to be lived in (I should say 'experienced' for accuracy), and so inter-related as to present difficulty in distinguishing one from the other. Indeed even to your consciousness it may be difficult to distinguish between the two, for what the mind has recognized as 'thought patterns of personal Existence' in physical life can be repeated closely in mental (astral) life.

"Nature is efficient, and since you have had many life experiences, do not expect a new mould to be suddenly cast about you in the next phase beyond death. Really as far as your consciousness goes, perception on one side will seem much the same as on the other, except in appreciating a greater sense of freedom of Being in the mind-world over the physical embodiment left behind for a time. There is mind linked with spirit ever present both in the physical world and in the realm of its greater freedom, **for to die is but to free your SELF** (self is the correct term as it is inclusive of mind/spirit) **from its encasement in body**, with its limitation of manifesting in three dimensional space.

"Do not however build any illusions that the passing over to the other side is going to make you completely new or solve all the great mysteries for you or explain the true meaning of God. For it is not so. True you will know more than you do on the physical side, as much of the 'forgetfulness' will be lifted from your mind. The totalities of your experiences of past lives will spread before you but you will still be yourself and will advance in direct ratio to the status of your thoughts. Remember your thinking has determined your present status, and your present thinking will determine your future status, for 'as a man thinketh in his heart so is he'.

"The doorway of death provides a wonderful opportunity to achieve

your fondest wishes. If your wish is Emancipation, the opportunity is there. If your wish is a heavenly state, the opportunity is there. If your wish is more of the same status in the physical world, that it may continue, the opportunity is there. Or if you wish a new status in Existence, the opportunity is there. **And it is a real choice, only dependent upon your own awareness as to the choice you can make.**

"The truth is that nobody is producing nature and nobody is stopping nature. Existence is taking care of itself, and all Man has to do is accept it as it is. This is a beautiful understanding for it removes the yoke of karma and the yoke of sin and all such worries from humanity, so really there is no problem at all. Things are just as they are, so there is nothing for you to do. You can just watch Existence happening and enjoy it. You can be there with Existence and in that 'being there' is freedom. For perfection of your Being you have to recognize and become aware of that fact. It is thus that a man becomes holy. In accepting nature, in living naturally moment-to-moment there is holiness because you are WHOLE, not because you have become a saint. All you have to do is awaken and realize your own SELFHOOD to recognize its perfection of Being.

"It may be that at this moment your consciousness is not advanced enough to appreciate this truth I am telling you, but in time you will. Your consciousness is of your own making (entirely in relation to its degree of awareness) and it is unlikely that these insights will change it. However at least let this understanding remove from you worries about fixed laws of punishments of karma or sin, lordly judgments or heaven/hell concepts after you die - for the truth is, there are none except those you create for yourself.

"Further, appreciate this truth if you can - your SELF (call it your SOUL or whatever you please) is immortal and perfect, and recognition of that perfection will inevitably come to every soul. That is what is meant by 'Enlightenment'; recognizing this truth that there is nobody to damn your soul or to praise your soul. It is just as it is.

"Your status in relation to Existence is entirely to the degree of your awakening to this truth. Every Master, like Christ, has been trying to tell mankind of this - that the birthright of entering the 'Kingdom of

God' is there just for the taking - but most take so long to recognize their heritage, going through life after life until the awakening eventually dawns.

"There is however no hurry unless it is your wish that there be a hurry, so let your desires be what your desires are, but free them of bondages that cause you concern and accept death as a gift. Be not unwilling to die when it is time to die. If you can enter death consciously you will find it a most rewarding experience. However if you die in your sleep (unconscious), there is no need to fear for your subconscious knows well the process; it has been through the transition many times. Fight not the entrance into death when it is time. Let yourself flow and enter it gently and you will be helped.

"Be not detained when the time of death is at hand by the hopeless pleadings of those remaining who entreat you not to leave them and fill your mind with thoughts of how urgently you are still needed in the physical world. Be not deterred by such thoughts, for there is no reason to suppose needfulness and usefulness are the exclusive properties of the physical side. Most assuredly needfulness and usefulness, in countless ways, are to be performed in the realm of your Existence which lies beyond death.

"Lest some of this seem a little 'deep' to your awareness at this time, appreciate that it will all become perfectly clear when you reach a transcendental level, for it is then that you can **become a witness to dying**. Then you will spontaneously understand. It is well that we go into this matter a bit about becoming a 'witness to dying', as it will change your attitude towards death - this is important."

This is a book about death and yet, it is a joyous book, for it tells that loved ones are never lost after death it also provides insight into life after death and immortality.

When Ormond McGill's beloved wife, Delight, died he was grief-stricken. Yet soon afterwards she began to bring him comfort by regularly making her presence felt. This grew into a period of communication during which he became increasingly aware that she was conveying information to him about life after death. He was also able to seek answers to various questions on this subject. Such experiences came as a wonderful proof of the continuation of life after death.

Ormond felt that these insights, bringing solace and understanding, belong to everyone and thus he wrote this book to provide a comfort for all who hold in their hearts a beloved who has passed on. Through understanding it will remove the reader's fear of death by assuring them of their own immortality.

A wonderful book not only for those bereaved but also for those seeking insights into the hereafter.

Ormond McGill was known as the Dean of American Hypnotists. He was a magician and hypnotist of international renown and had received the prestigious Dr Rexford L. North Award and was a member of the Advisory Board of The National Guild of Hypnotists, and the Hypnotherapy Training Institute of Northern California. He is the author of many successful books, including, *The New Encyclopedia of Stage Hypnosis*, *Seeing the Unseen*, *The Amazing Life of Ormond McGill*, and *Secrets of Stage Mindreading*.



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