

IN CONTACT WITH OTHER REALMS

INTRODUCTION

This lifetime, my **MISSION** was to be an **ADVENTURER**. I know I have accomplished my goals. Today, at seventy-seven, I am sharing some of my experiences and research that has made this life for me such a **DARING ADVENTURE**.

Before beginning my stories, I would like to offer my philosophy, so you know where I am coming from.

POINTS TO PONDER

- When we choose to be born (and most souls choose their parents), we receive a body. You may like it or hate it, but it will be yours for as long as you live in this dimension. How you take care of it or fail to take care of it can make an enormous difference in the quality of your life.
- You will learn many lessons—for you have enrolled in a full-time, informal school called LIFE IN THE PHYSICAL. Each day you will be presented with opportunities to learn what you needed to know. The lessons presented are often completely different from those you THINK you need.
- There are no mistakes—only lessons. Growth comes from a process of experimentation and trial and error. You will often learn more from failure than you do from success.
- A lesson is repeated until it is learned. When you have learned it (as evidenced by a change in your attitude and ultimately your behavior), then you can go onto the next lesson. Learning never ends. As long as you live—there will be something more to learn.
- ‘There’ is no better than ‘Here.’ You will simply discover another ‘There’ that will look better than your ‘Here.’ Don’t be fooled into believing that the unattainable is better than what you have. WHY? Because YOU are always present in the There and Here.
- Others are merely mirrors of you. You cannot love or hate anything about another person unless it reflects something you love or hate about yourself. When tempted to criticize others, ask yourself why you feel so strongly.
- What you **MAKE** of life is up to you. You have all the tools and resources you need. What you **CREATE** with those tools and resources is up to you.

The following stories are my true experiences. Over the years, I have had some published, some used as examples to guide students to find their answers, and some written just for the fun of it. I maintain that a sense of humor is an absolute MUST as we face life. It may be SERIOUS...SILLY...or SERMONEY... You be the judge.

Helene Hadsell