



## What Happens When We Die?

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This article will cover many topics relating to birth, death, reincarnation, parallel lives and ascension, which is sourced from years of telepathic contact with Pleiadian soul family by contactee, Judith Lynn.

It's hard to break free of human ideas that we should fear death, fear the unknown, and only believe in what we can perceive with our physical senses. But the truth is, we're eternal souls having brief human experiences and death is only an illusion.



## 我们死后会发生什么？

这篇文章将涵盖许多与出生、死亡、轮回、平行生命和扬升相关的主题，它来源于多年来与昴宿星灵魂家族的心灵感应接触，由联系人朱迪思·林恩提供。

我们很难摆脱人类的想法，即我们应该害怕死亡，害怕未知，只相信我们能身体感官感知的东西。但事实是，我们是拥有短暂人生经历的永恒灵魂，死亡只是一种幻觉。

我们死后会发生什么？（老钉译）

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# The Shift Will Change Everything

It's important to understand that the Shift will happen in this current lifetime, which means that most humans alive now will never experience physical death or reincarnation again. The following information will pertain to human death experiences until the present incarnation.

## 转变将改变一切

重要的是要明白，转变将在今生发生，这意味着现在活着的大多数人，将永远不会再经历肉体死亡或转世。以下信息只适用于此世之前的人类死亡经历。



扬升将改变一切

现在活着的大多数人将永远不会再经历死亡或转世。



## Starseeds and Earth-native Souls

Earth's ascension is a plan primarily for the benefit of Earth-native souls. Although all humans will experience ascension together, starseeds are from ascended races that don't experience physical death or reincarnation. Death and reincarnation will end for all humans at the Shift.

When starseeds die as humans they return to their worlds of origin. Until now, Earth-native souls have always reincarnated at death.

Reincarnation is a natural process on all planets in the universe that aren't 'of Elohim' or haven't received the gift of ascension from Elohim of Galactic Federation.

## 星际种子和地球本土灵魂

地球的扬升，是一个主要使地球本土灵魂受益的计划。尽管所有的人类将一起经历扬升，但星际种子来自不经历肉体死亡或轮回的已提升种族。在扬升时，所有人类的死亡和轮回都将结束。

当星际种子作为人类死去时，他们会回到自己的起源。直到现在，地球本土灵魂总是要在死后转世。轮回是宇宙中所有行星上的自然过程，只要这些行星不是‘耶洛因’，或者还没有从银河联邦耶洛因那里得到扬升礼物。

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星际种子死亡时回到自己的起源，地球本土灵魂总是要在死后转世。

# Sacred Portals

## 神圣的入口



神圣的出入口一直伴随着我们，但却无法被察觉

As souls we enter and exit this human life through portals. Our sacred portal is also the means that we will ascend to the new Earth, Sheen. Our portal is always with us but is undetectable.

作为灵魂，我们经由出入口，进入和离开人类生命。我们的神圣入口，也是扬升到新地球（希恩）的途径。我们的传送门一直伴随着我们，但却无法被察觉。



**PLEIADIAN COLLECTIVE (2023)** - "When you arrived in perfection, your beautiful portal was glimmering in a pathway of peace. In an explosion of bliss, you entered the embryo and began your journey of light once more! An energy of high frequency in light as a living essence has remained throughout your waking dream as your soul is encoded to match the vibration of your portal. As you shift to Sheen, your portal will manifest in white light as you move seamlessly into the beauty of 5-D Sheen.

The Galactic Federation has utilized portals since the beginning of all incarnations to Earth as well as guiding Earth-native souls to the haven of light between waking dreams. Your portal is ever-present and cannot be destroyed. In meditation, you may experience perception of your portal that is the pure essence of divine energy!"

**昴宿星人集体（2023年）** - “当你们带着完美前来化身时，美丽的门户在平和的通道上一路泛光。在幸福的爆发中，你们进入了胚胎，再次开始了你们的光之旅程！高频率的光能量作为生命的本质，自始至终贯穿你们的清醒梦，因为你们的灵魂编码和传送门的振动相匹配。当你们扬升到辛地球时，你们自身的传送门将在白光中显化，你们将无缝地进入五维度辛地球的美好之中。

自所有来到地球的化身开始，银河联盟就利用传送门，并引导地球本土灵魂，由此进入清醒梦间歇的光之天堂。你们的入口永远存在，无法毁损。在冥想中，你们可能感知到门户的存在，它们是神圣能量的纯粹精华！”

当你们扬升到新地球时，你们自身的传送门将在白光中显化，你们将无缝地进入五维度辛地球的美好之中。

**NEIOH (2018)** - "The portal you entered into this aspect will remain unseen to you as it is a living creation. It is not a thought to be feared but a sacred creation of the soul that provides a doorway for the aspect to come and go.

This portal is guarded well by your higher self and cannot be destroyed. This portal is specific to your soul and encoded in your DNA for each journey. It is a living essence that remains with you.

Once a portal is entered or exited, the perception and awareness changes. As one exits from human form, all is remembered in non-physical. The aspect will enter through the portal again to live another story and for a short time may remember who they really are, or they may remember the prior story."

**尼奥(2018)** - “你进入此生经由的入口，将对你们维持无形，因为它是一个活的创造。这并非什么可怕的想法，而是灵魂的神圣创造，为它的出入提供了一扇门。

这个入口被你的高我守护得很好，无人能毁坏。这个入口是你的灵魂所特有的，在每一断旅程中编码在你的DNA里。它是伴随你的一个活的本质。

一旦进入或退出一个入口，感知和意识就会改变。当一个人离开肉身形态时，非物质层记得他的一切。灵魂将再次通过入口，进入另一个故事，且在短时间内，可能还记得他们到底是谁，或者他们前世的故事。”

这个入口被你的高我保护的很好  
无人能毁坏。

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## Immediately After Death

**AKATU (2023)** - "In the moment that a starseed leaves the body, they are assisted by friends and family of origin, angels, light beings, or members of the Galactic Federation. Some souls are met by beloved pets that have remained close since they departed from the body form.

Souls have the choice to return instantly to their origin and resume their life of perfection. Some will attend meetings to review the waking dream they are leaving behind. Many still feel an attachment as they leave, and they are comforted to understand those being left are friends and family from their origin in disguise as human. Although leaving the waking dream has soul planning involved, the end of many dreams is full of loved ones that grieve the person that vanishes to another density."

**AYA (2018)** - "It is an experience such as you have in dreaming. As you wake from sleep and feel the beautiful or sometimes upsetting dream, you will realize immediately it was just a dream. It is the same when you leave your body form.

There is an immediate knowing of the pure soul of all lives you have lived. There is no time as you know it to be, so it is not possible to comprehend that there is no past or future, only the moment of now. In saying this, we are teaching you of parallel lives you live now."

## 死后立即发生什么

阿卡图（2023年）- “在星种离开肉身的那一刻，他们会得到朋友、起源家人、天使、光之存有或银河联邦成员的协助。有些灵魂会立即见到心爱的宠物，它们在离开肉身后，一直近近地陪伴在星种左右。

灵魂可以选择立即返回起源，继续过他们的完美生活。有些人会参加会议，回顾他们留在身后的清醒梦。许多人在离开时仍会感到恋恋不舍，会有安慰让他们知道，留下的人只不过是来自起源的、装扮成人类的朋友和家人。虽然离开清醒梦涉及灵魂规划，但是，许多梦的结尾都满是亲人，他们会为消失到另一个密度的人悲伤不已。”

阿雅（2018年）- “这和你做梦时的体验是一样的。当你从睡梦中醒来，感受到或美丽、或有时令人不安时，你会立即意识到，那只是一场梦。当你离开肉身形态时也是一样。

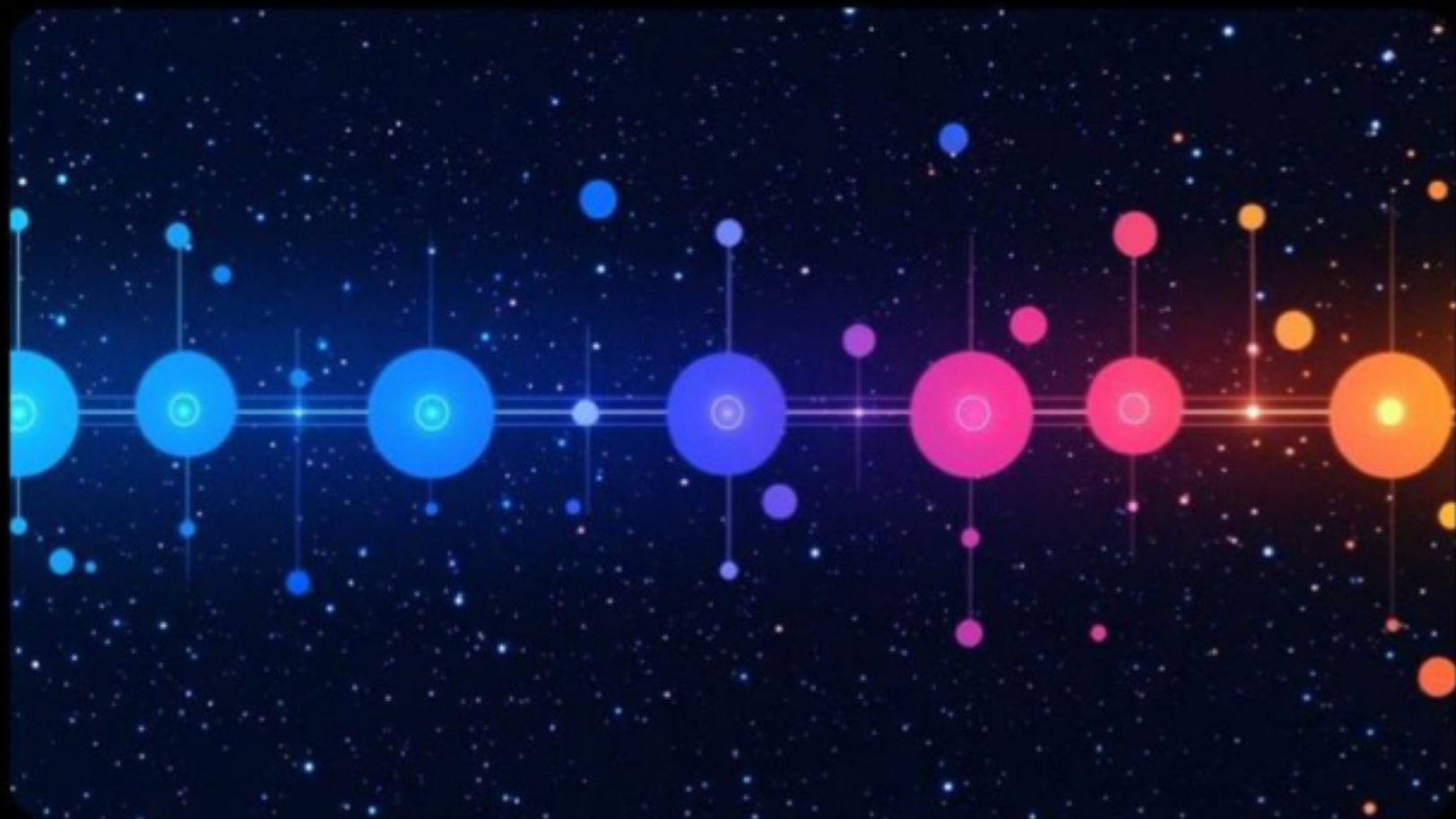
你会立即意识到自己活过所有世的纯粹灵魂。没有你们所知道的时间，所以无法理解既没有过去，也没有未来，只有当下此刻。我们这样说，是在教你们现在所过的平行生命。”

和做梦的体验是一样的。



## 7 Exit Points

## 7个出口点



我们选择肉体死亡的确切时刻。

As Soul's we choose our exact moment of physical death. There are 7 potential Exit Points available in each human lifetime. Variables are continually changing, and decisions are made in real time with our Guides.

作为灵魂，我们选择肉体死亡的确切时刻。人的一生中有7个潜在的出口点。变量在不断变化，我们的向导会实时做出决定。

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**LAKA (2021)** - "In each waking dream, the soul has seven exit points of choice to leave. Remembering that the soul is infinite and ageless, understand that an infant has a plan for arriving. The soul of the infant knows the purpose and intention. If the intention is to leave shortly after arrival, the purpose will be specific and planned. It could be to change the lives of the parents, the outlook of the spiritual for a group that knows of the death. An opening for growth and discussion of the greater purpose of life. The reasons are as unlimited as the soul chooses.

**拉卡 (2021年)** - “在每个清醒梦，灵魂都有七个选择离开的出口点。记住，灵魂是无限的、不老的，要明白婴儿的到来是有计划的。婴儿的灵魂知道自己的目的和意图。如果有意在到来后旋即离开，那就会有特别安排好的计划。有可能是为了改变父母的生活，或改变一个知晓死亡群体的精神面貌，或为成长和讨论生命之更大目的而打开一个缺口。灵魂可以有无限的选择。

In going further with understanding the seven exit points, you might remember hearing many times of those leaving the body and returning. Maybe there was an illness, and the person begins to see angels or other beings. They are exiting the human life, and yet the soul will make a decision through the person to remain. There are many vehicle accidents, and an exit occurs, and the scenario will play out. The person perceives they are above the accident and surrounded by beings. They choose through the soul coming through to stay or leave. The soul, not the human being, is in control."

在进一步了解七个出口点时，你可能还记得，曾经多次听到有人离开肉体又回来了。也许是此人生病了，然后开始看到天使或别的存有。他们正离开人类生命，但灵魂会通过这个人决定留下。有很多交通事故发生时，都会出现这样的出口点，情景会这样发生。当事人感到自己在事故现场上方，周围都是存有。他们通过在场的灵魂，来选择留下或离开。是灵魂，而非人类，在掌控着一切。”

死亡是灵魂而非人类在掌控一切。

很多死亡是特别安排的计划。

## Near Death Experiences

### 濒死体验



濒死体验可以向我们展示我们恰恰需要看到的东西，从而带来深刻的个人转变。

Pleiadians tell us that NDE's reflect a person's beliefs. This is why some people have religious visions of Heaven or Hell and some don't. These experiences can lead to profound personal changes by showing us exactly what we need to see.

昴宿星人告诉我们，濒死体验反映了一个人的信仰。这就是为什么，有些人会有天堂或地狱的宗教视象，而有些人则没有。这些经历可以向我们展示我们恰恰需要看到的东西，从而带来深刻的个人改变。



**AKATU (2022)** - "When there is an accident or trauma to the body and there is a fragile balance between whether the soul remains or leaves, know fully that the soul is in complete control unless the body has become totally burned, mutilated, or the brain is so damaged that life cannot continue.

The soul feels no pain that the body is experiencing. The soul is observing and knows fully if they will remain. If the soul chooses to remain, there is a reason greater than family and friends can understand. There are further aspects of life that the soul desires to repeat and master as perceptions from the view that are opposite of another life story. The soul understands the body is not permanent. This could be a chosen exit point, but returning to the identity in form is by choice.

The interim of experiencing a perception is allowed by the soul that is specific to the identity. Many will experience seeing their body without pain, floating in clouds, seeing their home of origin, seeing religious beings if they are in doctrine; some see fearful aspects in an attempt to show them true duality and the hard choice of chaos. The list is endless, but the human being is permanently changed for the better if the choice is to remain in the body. Even with a long recovery, there are many positive life lessons."

**阿卡图 (2022年)** - "当身体发生意外或受到创伤时，灵魂的去留处于脆弱的平衡状态，要充分认识到，灵魂是完全掌控的，除非身体完全烧毁、肢体残缺不全，或者大脑严重受损以至生命无以为继。

灵魂感觉不到身体正在经历的痛苦。灵魂在观察，并完全知道自己是否会留下。如果灵魂决定留下，其原因往往是家人和朋友无法理解的。灵魂希望从另一个生命故事的相反视角，进一步重复和掌握生命中的某些方面。灵魂明白肉身不是永久的。这可以是一个选中的出口点，但返回肉身身份由灵魂选择。

灵魂允许临时体验一下，针对身份的特定感知。许多人会经历看到自己无痛的身体、漂浮在云端、看到自己的起源家乡、看到宗教生命（如果他们信奉教义的话）；有些人会看到恐惧的一面，试图向他们展示真正的二元性和混乱的艰难选择。这样的例子不胜枚举，但如果选择继续留在身体里，人就会永久地变好。即使恢复期很长，也会有许多积极的人生经验。"

灵魂感觉不到身体的痛苦，灵魂在观察，并完全知道自己是否会留下。



## Traumatic Deaths 创伤性死亡



灵魂在肉体死亡前  
离开身体，个体灵  
魂并没有感受痛苦

Pleiadians tell us that the soul can actually leave the body before the moment of physical death. The body may seem to be alive, but no pain is experienced by the individual soul.

昴宿星人告诉我们，灵魂实际上可以在肉体死亡之前离开身体。身体可能看起来是有生命的，但个体灵魂并没有感受到痛苦。



**AKATU (2023)** - "The transition of the soul of the person that is suffering or that an accident or injury of impact is affecting will produce quite a different experience than those observing. Indeed, the experience of suffering to the soul is not possible in the manner understood on Earth. Personalities and egos suffer, but the soul rises in power.

With a sudden impact or before the final breath in disease, the soul is peaceful, aware, and observing. The soul feels no physical pain or trauma. Before the final breath, the soul is watching from a short distance as they observe a body that is not their own. The realization that they were visiting again becomes clear as beings of light are there to assist. In one moment, there is clarity and perfect peace."

**阿卡图 (2023年)** - "遭受苦难的人、或发生事故、或受撞击伤的人，其灵魂的转变将产生与观察者截然不同的体验。事实上，灵魂受苦的经历，是不可能以地球人理解的方式出现的。  
人格和小我会遭受痛苦，但灵魂的力量会升起。

在突然受到冲击，或在病中奄奄一息之前，灵魂是平静的、觉知的，它在观察。灵魂感觉不到身体上的痛苦或创伤。在咽下最后一口气之前，灵魂会在不远处观察，仿佛在注视一个不属于自己的身体。因为有光之生命在场协助，他们清楚地意识到自己是再次来访。刹那间，一切都清晰无比，完美而平静。"

灵魂受苦的经历，是不可能以地球人理解的方式出现的。

人格和小我会遭受痛苦，但灵魂的力量会升起。



## Remaining in Non-physical after Death



**AYA (2018)** - "We also will address the question many have regarding the immediate soul experience and free will choice after the body form dies.

Some soul aspects will choose to remain in non-physical for a moment of now and wait for their love in the story they left, to join them. They are not the identity that the love knew, but soul groups often incarnate together, and this is an individual free will choice.

Should this be decided, it will also be that the aspects incarnate together to the closest vibrational frequency to both. With the soul, this is known in ways you are not able to grasp in this moment. We wish to give you comfort and great love!"

## 死后留在非物质界

**阿雅 (2018)** - "我们还将回答许多人，关于肉身死亡后的立即灵魂体验和自由意志选择的问题。

有些灵魂方面，会选择暂时留在非物质界，等待他们留下的故事中的爱人加入他们。他们并不是爱中所知的身份，而是常常会一起化身的灵魂群体，这是个人自由意志的选择。

如果决定这样做，也会是两人一起化身到最接近双方振动频率的地方。就灵魂而言，你们此刻尚无法理解。我们希望带给你们慰藉和至爱！"



## Life Reviews 生平回顾



**NEIOH (2024)** - "Following human death and soul exit, there are frequencies where light, sound, and any outside interference is halted. These are somewhat like havens of light we have revealed. In this instance, the locations change and accommodate the soul or souls leaving the body form on Earth. Just as light chambers are sacred places where Pleadians leave their perfect bodies in stasis, these frequencies adapt to create magnificent meeting places of great beauty.

NEIOH (2024) - “随着人类的死亡和灵魂的离开，有一些频率的光、声音和任何外界的干扰都停止了。这些有点像我们已经揭示的光的天堂。在这种情况下，位置改变并适应灵魂离开地球上的身体形态。正如光室是昴宿星人在停滞期离开他们完美身体的神圣地方，这些频率适应创造伟大美丽的宏伟聚会场所。

Everyone present is seated as the ambiance is calm and inviting. A guide, friend, or family member is present, and words of high vibrations are spoken. There is light touching with hands as frequencies are emitted to further strengthen the soul. All of this happens in moments and it does not take long at all. The soul has not completed the journey until they enter the light chambers on their star of home."

**LAKA (2025)** - "Regardless of the outcome of each waking dream, there are gifts that remain within the Akashic of each soul. There are some regrets in brief moments with lives lived with addictions and harming others. This is where other souls serve in showing the lessons gleaned and the ability to return to the Earth school with even greater light to offer. Many souls return and become wonderful people that serve others with deep compassion and love."

在场的每个人都坐好，气氛平静而温馨。一位向导、朋友或家人在场，说着高振动的话语。手手相触，发出光的频率，进一步强化灵魂。所有这一切都会瞬间发生，因为根本不需要很久。直到灵魂进入其家园星上的光室，他们才算完成了旅程。”

**拉卡 (2025年)** - “无论每个清醒梦的结局如何，每个灵魂的阿卡西里都留存着一些礼物。对往世中的成瘾和害人有片刻的遗憾。这时，别的灵魂就会展示他们所获得的经验，还有能够回到地球学校以绽放更强的光。许多灵魂重返地球后，成了带着深深怜悯和大爱为他人服务的美好的人。”



## Light Chambers 光室



高维每个家庭都有水晶光室。

这样就可以无缝化身进入正在进行的清醒梦里。

**NEIOH (2024)** - "Each family in the higher realms has been provided crystal chambers of light. These beautiful structures are positioned on the land where homes are created. This allows for seamless incarnations into ongoing waking dreams. Each family can alter the outer shape and color of their chamber and place gardens, trees, or fountains for decor in the area.

**尼奥（2024年）** - “高维度的每个家庭都有水晶光室。这些美丽的建筑，被安置在家园的同一片土地上。这样就可以无缝化身进入正在进行的清醒梦里。每个家庭都可以改变光室的外观和颜色，并在附近安置花园、树木或喷泉作为装饰。



When a decision is made for a precise location for the soul to create a waking dream, they enter the light chambers within the crystal structure. With each movement deeper into the entrance, a frequency of calm and relaxation envelopes the being. The soul will enter a deep meditative state and begin communing with spirit. Telepathy is ongoing as the soul receives messages of love and support from their family.

Tones and colors begin to swirl in beauty within the light chamber that is chosen to transmute consciousness within the soul to the area chosen on Earth or other planets.

The light that covers each soul is a blessing that is received. Souls in the Pleiades speak, 'Shada Va Waola' (Blessings of Light).

With one breath and the final beat of their crystal heart, they travel in an instant to the location of the embryo they will enter. Awake, alert, and with perfect peace, the new location is found to be perfect for their new expansion in consciousness.

The body of perfection is left in origin in stasis within the light chamber. No other soul enters the chamber of this soul. Each soul within a family has a precise light chamber. The body of magnificence will remain in light as each life in a waking dream is completed."

当灵魂决定在一个准确地点做一场清醒梦时，它们就会进入水晶结构中的光室。向入口深处每前进一步，灵魂就会被一种平静而放松的频率所包绕。灵魂将进入深度冥想状态，并开始与灵魂交流。通过心灵感应，灵魂会接收到家人的爱与支持的信息。

选定光室，将灵魂中的意识，转换到地球或其他星球上选好的地点。色调和颜色开始在光室中美丽地旋转。

覆盖着每个灵魂的光是对他们的祝福。昴宿星团中的灵魂会说“Shada Va Waola”（光的祝福）。

只需一次呼吸和水晶心脏的最后一次跳动，他们就能瞬间到达将要进入的胚胎所在地。带着清醒、警觉、和极度平静，他们发现新的地方非常适合意识的新扩展。

完美的躯体，被留在起源地的光室中，呈静滞状态。没有别的灵魂会进到这个灵魂的光室中来。每个家庭中的每个灵魂，都有一个精确的光室。当每一世在清醒梦中完成时，辉煌之躯将留在光中。”

带着清醒、警觉、和极度平静，他们发现新的地方非常适合意识的新拓展。



## The Haven of Light



While starseeds return home after physical death, Earth-native souls visit a place created by Galactic Federation called the "Haven of Light". If this did not exist, reincarnation would happen almost immediately.

**NEIOH (2024)** - "Each soul that is not a starseed is provided a beautiful place called a Haven of Light. The Galactic Federation has created a place of nourishment and teaching for each soul that leaves the body form. There are frequencies of light that bathe the soul in majestic love. These souls have created families with starseeds on Earth and will gather in love as the Earth shifts to Sheen."

## 光之港湾



当星际种子在肉体死亡后回家时，地球本地的灵魂会拜访一个由银河联邦创造的地方，叫做“光之天堂”。如果这不存在，轮回几乎会立即发生。

**NEIOH (2024)** - “每一个不是星际种子的灵魂都会被提供一个美丽的地方，叫做光之天堂。银河联邦为每一个离开身体形态的灵魂创造了一个滋养和教导的地方。有光的频率，将灵魂沐浴在庄严的爱中。这些灵魂已经在地球上与星际种子创造了家庭，并将随着地球转向希恩而在爱中聚集。”

地球本土灵魂会进入由银河联邦创造的光之天堂，将灵魂沐浴在庄严的爱中。



## Soul Aspects In Parallel Lives

### 平行生命中的灵魂方面



曼德拉效应

平行生命

In addition to our past life experiences, there are also parallel life experiences. These parallel lifetimes are how we perceive alternate timelines, such as with the so-called "Mandela Effect".

除了我们过去的生活经历，还有平行的生活经历。这些平行生命是我们如何感知交替时间线的，比如所谓的“曼德拉效应”。

[AYA \(2018\)](#) - "You are a sacred powerful soul having a brief human experience. You are projected into each story by your higher self, the one whole soul that Prime Creator expressed you to be.

Each life is carrying your original code and a vibrational frequency that will change many times during the life story. At the end of that particular story, the aspect of soul will merge with the next closest aspect seamlessly. Only the body dies.

Many of you living in this story now have integrated all aspects of soul, which has made this preparation for the great shift of souls together possible. We call this the Shift to SHEEN, which is the heart aspect of the event."

[阿雅 \(2018\)](#) - "你是一个神圣而强大的灵魂，正在体验短暂的人类经历。你是由你的高我，即造物主将你表达成的一个完全灵魂，投射到每个故事中的。

每一世都携带着你的原始代码和振动频率，在生命故事中会发生多次变化。在某个故事结束时，灵魂的方面会与下一个最接近的方面无缝融合。只有身体会死亡。

生活在这个故事中的许多人，现在已经整合了灵魂的所有方面，这使得集体灵魂大转变的准备工作成为可能。我们把这称做向希恩（SHEEN）的转变，这是‘事件’的核心方面。”

你是由你的高我，即造物主将你表达成的一个完全的灵魂，投射到每个故事中的。

灵魂整合所有方面，这称为向希恩的转变，这是事件的核心方面。



## To Go to the Light or Not

### 走向光，还是不走向光



Over the years fear-based theories have developed about humans being caught in a soul trap and forced to reincarnate. Some people warn to avoid going towards the light because this is what forces us back into a never-ending loop.

The truth is there is no trap at all. When we cross over, we remember everything and don't have options of alternate routes to take. We're greeted by Guides and Soul Family and there is no more fear or confusion.

多年来，有基于恐惧的理论提出，人类是被困灵魂陷阱中而被迫轮回的。有些人警告说，不要走向光，因为这会迫使我们回到永无休止的循环中。

真相是，根本没有什么陷阱。当我们离世时，我们记得一切，也并没有另一条路可以选择。向导和灵魂家人会迎接我们，不再有恐惧和困惑。

只有一条路，没有恐惧和困惑。

答案就是光。