

Excerpt from Day 90 ~ Page 161

## Leaving your earthly body behind

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### **Tell me about transfer from earth life to your plane?**

*David is here. There are three things you must know about leaving your earthly body behind. First, that it is merely an earthly body, that you have no stock in it, except for while your spirit is there.*

*Second, that however many lives you have, they can or not be in an earthly body; think not of what you are as an earthly body, but of what your spirit is inside.*

*Third, there is no single way to come into our plane, it is not unlike being borne on earth: you fly through the opening into the light, and here you will find familiar spirits and souls.*

\* \* \*

*“The transfer is the crossing of your spirit – your essence – into the next phase or plane”*

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