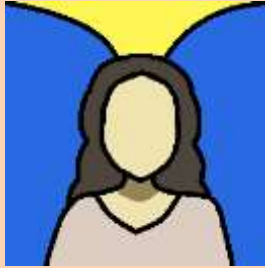


Am I going to Hell?

The answer according to Alpha



By Alpha's editor and channel

What a fearsome thought! No, you are not going to hell, and there is no hell - unless you redefine hell as some kind of temporary unpleasant after-life of your own making, from which you can escape. Even if this mild version of hell exists, you might not go there even if you think you are a bad person. Let's look at all the issues.

As a starting point, let's look at the addictive idea of hell. The idea that hell exists is captivating – firstly because it promises to



be worse than anything you've ever imagined, so you get caught up in a spiral of imagining things to be worse and worse. Secondly, there is the threat that if you stop believing in hell, you are more likely to end up there, because you are more likely to behave in a reckless way. In other words, here is an idea which threatens that it is more likely to come true if you don't believe in it. That sounds to me like the perfect emotional blackmail for making someone believe in an idea. I am immediately suspicious of any idea which contains an element of emotional blackmail.

According to Alpha, there is no dark place in the afterlife other than that which you are already carrying inside yourself. No one is keeping a cosmic record of your behaviour. Your behaviour is not going to come back and bite you as hell or as bad karma.

Whatever darkness you have inside your aura is already there and you are already carrying it. It doesn't get any worse except for the fact that after death, if you have a persona which tries to isolate or hide itself, you will end up in more of a vacuum than during your life on earth, where there are plenty of distractions from your inner state. You might get stuck in your own state of mind.

Thinking along these lines, you will probably try to figure out how much darkness you are already carrying. Am I going to get stuck in a limbo of my own darkness when I am dead? Or am I enlightened enough to pass easily into the layers of heaven?

Unfortunately, it's almost impossible for anyone to gauge their own level of darkness or enlightenment. Especially because your level of darkness is not just a matter of what your soul has done, but also what you aspire



to. And what you have done cannot be weighed up on some kind of universal measuring system. The amount of darkness bound up in the memory of your soul depends very much on the kinds of vibes and ideas that were present when things



happened. It is not so much a matter of whether you broke the law or broke someone's heart. It is a matter of how much you resonated with love and truth when these experiences were laid down in the memory of your soul. Moreover, you have the possibility to revisit any of your memories and enlighten them at a later date. Perhaps you have done some of this already. Therefore, how are you going to keep track of how enlightened you are?

Alpha discourages us from trying to figure out the lightness of our own souls. He says,

You have to let go of the idea that an individual can gauge their own likelihood of going to



heaven or hell spaces. It is not possible for a person to see, subjective as they are, where they are going to fit into the cosmos of light and dark. Therefore each person simply should focus on whether they feel lighter now than they used to. If you are carrying the burdens of other people as well as your own, you might feel quite dark and weighed down, and yet find that your personal light is quite strong at death. On the other hand, someone who is having an easy life might feel that they are quite enlightened and free in their soul, and yet find upon death that their aura is quite weak, being poorly defined and untested. Therefore, do not encourage people to

introspect to try to guess what state their soul is in, and thereby as a way of guessing what the quality of their after-life will be.

Instead, Alpha encourages us simply to focus on our journey. Aspire to the light as much as you can, focussing on whatever forms of inspiration you recognise.

I would like people to focus on the following three things when they are gauging their direction in life. Firstly they should pay attention to their inner urges which tell them they will feel more complete on one path versus another. Secondly, I would like people to pay attention to those mentors which catch their eye. These people have something to teach that the individual is ready to learn. Thirdly, I would like to draw your attention to the possibility of an internal channel, such as this one, which you can open inside yourself with sufficient opening and training of



your aura. These are the three things which are most powerful in enabling an individual to follow the call of inspiration. The first two are much more achievable in the current culture than the third, and therefore I would recommend these two as a starting point.

In other words, Alpha is suggesting that you be true to the urges of your own soul, and pay attention to those people who inspire you. You might also like to develop your own psychic channel to divine inspiration, if you have the time and energy. When you follow inspiration in your life in these ways, you have no need to worry about how your soul is going to fare at death. When your time comes, you will be open to the guidance which comes from your own soul, and the leadership of other beings, and your safe passage at death will be assured.





In a society which is riddled with guilt, it is difficult to feel confident about the choices we make, and to feel confident about how we will be received by God. Alpha always tries to reassure us that God totally accepts the many ways in which people behave. Even so, it is hard to put aside the fear that we are judged and we have failed in some way or another.

Hopefully one day our culture will evolve to a point where we do not blame and threaten individuals so much for their natural behaviour. Imagine if children were not made to feel so guilty for what they do. Parents could help to explain to children the natural causes of their antisocial behaviour (“You were scared,” “You didn’t have time to think clearly,” and so on), while drawing the children into an ongoing atmosphere of gentleness and inspiration. In this way, the

child learns to recognise fear, haste and other triggers for uninspired behaviour, while at the same time learning to anchor themselves in a good atmosphere for the future.

You can try parenting yourself in this way too! But remember that your own patterns of behaviour and guilt are naturally the product of your own culture and upbringing too. Be patient and forgiving of yourself, and you will bring greater gentleness and light into all of your own experience.



As you ponder all this, you might realise that you have some memories which cause you a lot of pain. You may have a lot of guilt or regret tied up with things you have done – or things which you have witnessed or to which you were the victim. It is not realistic to try to get rid of these deep painful memories with a few quick thoughts about

forgiveness and acceptance. Some painful memories are best healed by carefully re-entering the part of your aura in which they are stored.

You might like to seek help from an experienced therapist, healer or spiritual worker when you are facing memories which are very painful. A helper can soothe you and encourage you to focus on the task, while you gently uncover the nature of your pain and the ideas which trouble you so much. Whenever you intend to heal yourself in this way, you can be sure that spirit helpers will also be present, helping to raise your aura to a lighter state. Revisiting an old regret can be dauntingly painful, but when you release a regret and get rid of its sting, your whole body



will feel lighter and your mind will seem to have more flexibility in the future. This is all part of the

journey of becoming more inspired and open throughout your soul.

To recap, I turn to Alpha who has put it quite succinctly:

You are not going to embrace the idea of life without hell until you also become comfortable with



my own version of social justice, where no one is to blame, darkness exists only where you fail to aspire to the light, and darkness spreads only because you fail to clean the darkness of the past. That is my entire message.

To those who want to continue to propagate the idea of hell and personal guilt for our behaviours, Alpha has this to say:

I have one thing to say to those who try to engineer the behaviour of other people: Do you really have the authority to know what behaviour is best? You are very cavalier in your decisions

about how people should be living their lives. You are happy to direct their attention to self-worth and guilt and self-blame and fear of death and failure. This is a very dark aspiration to offer to people. You should instead be asking them to aspire to love and inspiration. All remedies can be found within a divine aspiration. On the other hand, the individual who aspires toward self-blame and fear will find themselves turning into a hornet's nest of lost souls and bad ideas. You must not do this to another human being. The natural flow of creation is toward ever increasing light and inspiration. If you



aspire to turn other people towards a dark aspiration, you are going against the tide of creation, and will yourself find that your memories are imbued with a sense of dark, and you will suffer the burden of this anti-creative venture of yours.

He also adds:

I look forward to the time when you raise up each person at the time of anti-social behaviour, explain to them carefully how their behaviour was natural, and remind them simply to tune into the gentle aura of God. You can do all this without faltering for an instant in your own gentleness and adherence to the truth, and so your message of aspiration is a convincing one and also metaphysically powerful.

I hope you can take comfort from Alpha's perspective and will test its validity within your own heart. I wish you well on your journey of mutual forgiveness and aspiration.

