



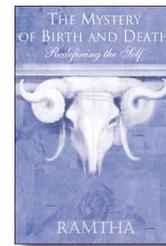
# Ramtha



## Judgment Day and the Life Review

Excerpt from:

*The Mystery of Birth and Death:  
Redefining the Self*



JZK Publishing, a Division of JZK, Inc.  
Copyright © 2000 JZ Knight

*“And all of you went through the reading of your life. In elder times it was called Judgment Day. It is Judgment Day, except that it really isn’t a judgment; it is to refresh your memory on what you did.”*

— Ramtha

So now having said that just tonight and reminding all of you that you are here by choice — you chose this life; you chose this life as a life to which the spiritual will become revealed to you — now we empower you utterly. From this then we are going to back up and talk tonight about the Plane of Bliss — as some would call it, heaven.

Now over the years in your time we have discussed frequently that which is termed the interim existence, that interim existence being that which you were prior to this incarnation. And although I have not languored at great depth upon it — nor have I languored at great depth upon your past life — there is great and wonderful reason for that, for in my wisdom I understand that those who do not have spiritual maturity cling to these in the same values as they have clung to their victimization, their tyranny, and their self-pity. And it is giving more fodder to the animal within man and woman than it is that which is termed manna for the spiritual self. The focus here has been on becoming God. That is what is important and will always be important, but tonight we are going to talk about the interim place and the interim place to where all of you were before you were born.

Now I have stated boldly in the past that we do not create our parents; that is true. But also remember that we are drawn to a genetic pool that is only equal to what we are before arriving. So in that sense, subconsciously, we only become what we are capable of

# The Life Review

becoming. We can never become what we are incapable of becoming. How many of you understand that? In other words, we cannot be anything greater than what we are. So in the interim place we are talking about the third, fourth, and fifth levels. They are the planes of rest and restoration.

It becomes obvious then that the physical body has died and all of its energy from the soul that gave it life is pulling away from it. So the body goes into a slow state of decay. Without modern technology and the art of embalming, that which is termed the energy naturally would rapidly decay within a matter of a fortnight. And all decay is, is the breaking down of coagulated matter and the release of the conscious pattern. Do you understand? How many of you understand? So be it.

Now so here we are talking about the self. The self, the spiritual self, that which is not seen, has already departed up through infrared into the great tunnel of light to be met by the lords of light at the very end. And all of you went through the reading of your life. In elder times it was called Judgment Day. It is Judgment Day, except that it really isn't a judgment; it is to refresh your memory on what you did.

Now understand that you are a being that is transpersonal but still personal. You are a being that is transmuted out of a fleshy body. You have gotten out of the garment. And here, where there was such a delay in the Spirit working through the body to create reality — because you are living in a body that is mass to mass — now you are more in your own domain as a spiritual entity. You are actually vibrating in a kinder realm than this realm.

So there you watch your life. How is that possible? Because the bands that you are, that supported and gave and nourished life in the womb take back with them, as mind, everything that you ever did, because doing is an action and action is energy. And the focus of that energy is the patterns of mind. So we begin to watch the patterns of mind as they come together in a whole lifetime's effort.

Now let's pause here for a moment and let me tell you this. Every moment — every moment — in the light of all eternity will be weighed against a feather one day. Every moment counts. Everything that you do and I did is seen. And it is seen both as the Observer and the participant, both as the doer and the done-to — everything. That is why it is called Judgment Day because most ignorant people think, or they are under the delusion, that their thoughts aren't things. Their thoughts are things. And they are under the delusionment that what they do behind their closed doors no one knows but them. That is a delusion. Everything is known and everything will be shown. And in this heightened state it is necessary not for any one being to look at you and to condemn you; it will be enough that we see it for ourselves. There is no harsher judge than the soul on Judgment Day.

Now when this occurs — and you are all at one point going to experience it because you have already experienced it — what is it that is meaningful from this? What is meaningful

# The Life Review

is how burdened are you by unfinished business? How burdened are you by unfinished experiences? If I tell you that you are God, then this life is to evolve that godhead as all. So how many experiences did you not own? And every time that you were cruel to someone, every time that you were cunning and undermining, every time that you bore false testimony against someone else, every time that you physically hurt someone, every time that your tongue lashed out in revenge and blame, every time that you meted out your fury of unrequited love to the destruction of those around you and yourselves, everything becomes you in that moment of viewing. You are everything, you know?

So then you suffer the attack of your villainy and you feel what it feels like. You become the child that you have beaten and you feel its helpless pain. You become that which is termed the abuser and the full onslaught of tempted intoxicating fury upon that which is innocent and cannot strike back. You feel what it is to be slandered upon and your good and gracious name abused and dishonored. You will feel that because you are God.

We are not separate in this hour. We are whole in this hour. We are driven to the understanding that more than any other time, it is in this passing that we realize that we are the whole web of life. We feel the abandonment that we abandon with. We feel the untruth that we are upon someone else. We feel the blame placed upon us unduly by us. We feel that which is termed the heartbreak of unrequited love, and we are the one who bore the chains of that blame. We are honored and dishonored. We are amused and bemused. We see how we prostituted our values. We become the body in its agony and in its abuse. We become the abuser and the abused. And this is judgment and we feel it full-width. We revel in the dream and in the inspiration that we had at five, and we despair in the losing of that dream at twenty-three. We become the dream and then we fade as the dream. We become the inspiration that we marveled at and then we become the boredom of inaction. We see the instigation of new ideas and concepts that we came up with and we are then the idea itself, the thought-form, and we see it as an unnurtured, unloved egg that never hatches. And we see the idea that never came into fruition and the pain of its uninclusiveness into our environment. We see it all because we are all God.

The subjective element in all of this is very important, because the core of self is subjective because it is everything, so the self becomes more enriched and more defined in this view.

We see how many times we needed to beg someone's pardon, and we see all the times we didn't ask it of ourselves. We see all the times that we could have loved, but in our selfish, renegade selves meted none out, and we see the vacuous place to where love lives not and we are driven in emptiness and despair. We see it all.

And in this exposé we find wholeness even in the suffering, that rarefied moment. And how do I describe suffering without a body? Well, emotion, though it is generated by electrical stimuli from the brain, from neuronets, and then dominoed in the body through

# The Life Review

the release of hormones, becomes a living thing. It is an energy field. And it is with that energy field that we stand and we are then immersed within all of this energy. We cannot undo it. It is done. The die has been cast.

Now this is not a bad thing, but it is a necessary thing for the ignorant — and you all are — because what we do with such a vision is that we then become encumbered. We become encumbered by the difficulties in which we see. An encumbrance is a wonderful term because what it really says is all of these things that we did, we did to ourselves. And it is through this revelation that we must unencumber and give to the self love, which God is. God is giving; remember?

*“Every moment — every moment — in the light of all eternity will be weighed against a feather one day. Every moment counts. Everything that you do and I did is seen. And it is seen both as the Observer and the participant, both as the doer and the done-to — everything.”*

— Ramtha

For information on Ramtha and Ramtha’s School of Enlightenment, please contact:  
Ramtha’s School of Enlightenment, P. O. Box 1210, Yelm, WA 98597,  
or call 1.800.347.0439, 1.360.458.5201.  
Visit us online at [www.ramtha.com](http://www.ramtha.com) or [www.jzcpublishing.com](http://www.jzcpublishing.com)