

THE FUN OF GROWING
FOREVER

BY THE AUTHOR:

The Fun of Dying
The Fun of Staying in Touch
The Fun of Growing Forever
Liberating Jesus
My Thomas

THE FUN OF
GROWING
FOREVER

WE CAN'T TRANSFORM THE
WORLD UNTIL WE
TRANSFORM OURSELVES

BY
ROBERTA GRIMES

The Fun of Growing Forever

by: Roberta Grimes

Copyright © 2016 by Roberta Grimes

All rights reserved.

This book or part thereof may not be reproduced in any form, stored in a retrieval system, or transmitted in any form by any means—electronic, mechanical, photocopy, recording or otherwise—without prior written permission of the publisher, except as provided by United States of America copyright law.

The text of the *New American Standard Bible*® may be quoted and/or reprinted up to and inclusive of one thousand (1,000) verses *without express written permission of The Lockman Foundation*, providing the verses do not amount to a complete book of the Bible nor do the verses quoted account for more than 50% of the total work in which they are quoted.

“Scripture quotations taken from the New American Standard Bible”

Copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973,

1975, 1977, 1995 by The Lockman Foundation

Used by permission.” (www.Lockman.org)

Publisher’s Cataloging-In-Publication Data

(Prepared by The Donohue Group, Inc.)

Names: Grimes, Roberta.

Title: The fun of growing forever : we can’t transform the world until we transform ourselves / Roberta Grimes.

Description: Madison, VA : Christine F. Anderson Publishing & Media, [2016] | Series: The fun of . . .

| Includes bibliographical references.

Identifiers: ISBN 978-0-692-73674-6 | ISBN 978-0-692-73702-6 (ebook)

Subjects: LCSH: Christian life. | Jesus Christ—Teachings. | Self-actualization (Psychology) | Change—Religious aspects—Christianity.

Classification: LCC BV4501.3 .G75 2016 (print)| LCC BV4501.3 (ebook) | DDC 248.4—dc23

Published by

Christine F. Anderson Publishing & Media, Madison VA, 22727

www.cfapublishing.com



ISBN: 978-0-692-73674-6

Printed in the United States of America

Cover picture and design credit: Ratha C. Grimes

**This book is gratefully dedicated
to each of the thousands of unsung scholars
whose wonderful work made it possible.**

TABLE OF CONTENTS

Foreword by Jack Canfield.....	i
Introduction.....	vii

THE TIME FOR TRANSFORMATION IS NOW

Chapter One: The Dead Tell Us What Really is Going On	1
Chapter Two: The Purpose of Your Life is Spiritual Growth.....	9
Chapter Three: Religions Can Be of Little Help.....	21
Chapter Four: Spiritual Growth Consists in Remembering Who You Are	27

SPIRITUAL GROWTH MADE SIMPLE

Chapter Five: It is up to You and Me to Transform the World	41
Chapter Six: An Attitude of Gratitude.....	55
Chapter Seven: Universal Forgiveness	65
Chapter Eight: Universal Love	87
Chapter Nine: Driving is a Wonderful Spiritual Exercise	113
Chapter Ten: Your Life and the World are About to Change.....	121

APPENDICES

Appendix I: Brief Suggested Study Guide.....	133
Appendix II: Resources.....	137
Appendix III: Listening to Jesus	177
Appendix IV: A Brief Overview of the Afterlife Evidence	203
Appendix V: A Brief Overview of the Greater Reality.....	211
Appendix VI: Experiences of Light.....	219

FOREWORD

BY JACK CANFIELD

Roberta Grimes is a business attorney who spent decades figuring out where the dead are now, and then she did something important. She sat at their feet and asked them why it is that we even are here at all. The answer they gave her led her to attempt to live the Gospel teachings of Jesus Christ, and then led her to announce in this book that not only have we at last discovered the meaning and purpose of human life, but buried deep in the Christian Bible are what may be the simplest and most transformative spiritual teachings ever found. Roberta calls it tragic that more Christians aren't following the teachings of Jesus. She tells us that his teachings, when followed, actually transform us internally, and she shares the enticing suggestion that if even as few as ten percent of us will fully live the teachings of the Gospels, we can begin an era of universal peace and understanding over all the earth.

The reason why we can transform the world if enough of us will transform ourselves is tied to a dawning understanding that reality is consciousness-based. Quantum physicist Max Planck discovered a century ago that matter

Foreword

arises from consciousness, and that, as he put it, “mind is the matrix of all matter.” We are learning now that consciousness exists in a vibratory range, of which the highest vibration is love and the lowest is fear. Roberta plausibly claims that the rise of fear and hatred on earth is our fundamental problem, so for enough of us to instead choose love is our best solution to the world’s problems.

That being the case, how can we help as many people as possible to raise their spiritual vibration away from fear and toward more perfect love? What Roberta calls “those we used to think were dead” have told her that the answer lies in the Gospel teachings of Jesus. What a liberating thought! I believe that humankind’s greatest need is unconditional love and equality, and Jesus Christ exemplified both these qualities. But before Roberta would recommend his teachings to others, she first set out to try them herself.

Watching her attempt to do what she claims that few people have ever really done—actually live the teachings of Jesus—makes for a light and enjoyable read. Watching her arrive at a spiritual place that she had never imagined existed is heart-lifting. She claims now that the teachings of Jesus are a system that works by helping us remember the spiritual perfection that already is ours, so we really aren’t

learning anything new. We are just revealing it to ourself. Watching her so easily accomplish what should be and can be natural in all our lives makes you realize just how off-track we have become. No wonder so much of our civilization is a mess!

Roberta begins with gratitude, which she says must come first. I tell people that what you think about and thank about, is what you will bring about, and she echoes that point. As Meister Eckhart Tolle has said, “If the only prayer you ever say in your entire life is thank you, it will be enough.” Roberta insists, however, that gratitude is just the indispensable beginning.

Next she tackles forgiveness, which I also agree is essential for spiritual growth. As she says, forgiving others is something that we do for ourselves! Resentment is like drinking poison and hoping your enemies will die. Quite the opposite, it slowly kills you. You cannot control the economy, the government, or anything else that is external, but you can control how you respond to these things; and if your habitual response becomes love and peace and not fear and resentment, you can totally transform your mind. Thankfully, she then shares a method for learning to forgive everything once and for all. It’s powerful, yet simple to do . . . and it works.

Foreword

Roberta claims that we cannot even love in a way that transforms us spiritually until we have learned universal forgiveness, but once we are forgiving at that level then love comes as naturally to us as breathing. She tells us that it is this automatic, instinctive love for each person on the face of the earth that truly raises us spiritually. In my view, our whole wellbeing is dependent on our expressing love. It is not about what comes back; it is about what goes out! Love is a force more formidable than any other. It is powerful enough to transform you in a moment, and it offers you more joy than any material possessions ever could.

As Albert Einstein said, “The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.” Ultimately our salvation comes when we begin to think more loving thoughts—thoughts that transcend fear. Since everything you want in life lies on the other side of fear, and nothing is going to change until you change, now is the time to transform your life and as you do, you also begin for all the world the long-delayed advent of universal love, kindness and perpetual peace.

One individual can begin a movement that turns the tide of history. Martin Luther King in the civil rights movement, Mohandas Gandhi in India, and Nelson

The Fun of Growing Forever

Mandela in South Africa are examples of people standing up with courage and non-violence to bring about needed changes. Roberta Grimes is telling us now that the transformation that has become essential to the future of humankind was begun two thousand years ago by the greatest individual of them all. And now it is up to each of us to stand up and embody that transformation. The future of the world is up to us. The path is clear; we just need to walk it.

Jack Canfield is an internationally recognized leader in the field of personal development and the beloved originator of the Chicken Soup for the Soul series. He is the author or co-author of more than 150 books, including 66 best-sellers, with more than 100 million copies in print in 47 languages. In 2014, Success magazine named him “One of the most influential leaders in personal growth and achievement.”

INTRODUCTION

“What I have seen is the totality recapitulated as One . . . It is just as if you lit a flame from a live flame: It is the entire flame you receive.”

—St. Symeon, Christian mystic (949–1022)

“Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves do not break in or steal; for where your treasure is, there your heart will be also.”

—Jesus (MT 6:19–21)

“If you want to awaken all of humanity, then awaken all of yourself. If you want to eliminate the suffering in the world, then eliminate all that is dark and negative in yourself. Truly, the greatest gift you have to give is that of your own self-transformation.”

—Lao Tzu, Chinese philosopher (sixth century BC)

“Someday, after mastering the winds, the waves, the tides and gravity, we shall harness for God the energies of love, and then, for a second time in the history of the world, man will have discovered fire.”

—Pierre Teilhard de Chardin, French Jesuit priest (1881–1955)

Two childhood experiences of light that I describe for you in Appendix VI led me to spend almost half a century in the enjoyable study of death. There is a lot of good information available about what happens at and after death that is so consistent and complete that our survival of death can no longer be reasonably doubted. If my saying that surprises you, then in order for you to make sense of this book you may first need to educate yourself! Appendix IV is a brief overview of the various kinds of afterlife evidence, while Appendix V is a quick summary of what is now known about the greater reality that we reenter at death. For more in-depth reading, Appendices I and II are lists of suggested resources.

What afterlife researchers have discovered turns out to be a great deal more than just the fact that human minds are eternal! **Afterlife studies is a genuine science that encompasses a consciousness-based reality many times the size of this material universe.** The physics of consciousness and all its implications will so dominate the second half of this century that eventually people will look back on today's benighted scientific beliefs very much as we now look back on the practice of balancing humors by

bleeding the sick. Revelations to come over the next few decades are going to change everything.

Perhaps the most important insight to flow from what the dead are telling us is that now, quite unexpectedly, we have received the answer to humankind's oldest question. At last we know why we are here!

You came into this lifetime eager to achieve the greatest possible spiritual growth. That is what the dead tell us is the reason why we even are born. As best we have been able to determine, it is the reason why the universe exists. And the fact that you have not always known this is the greatest indictment of mainstream science and organized religions that I can imagine.

We all seek meaning in our lives, especially as we move past the grubbing for money and status of our early years. And even those who find earthly success soon discover that there is no end to those struggles, no top to be found, no rat-race prize, so every thoughtful person eventually sees that whatever success we might find on earth gives us nothing more than toys whose luster is going to dim as our bodies fail. No matter how rich and famous we become, we realize in the end that we have never owned anything.

The only thing that you and I can own is the powers of our eternal minds, so achieving spiritual growth while on

earth is the best way to add to our permanent wealth. Perhaps the notion of growing spiritually doesn't seem appealing to you now. It sounds stuffy and churchy. Who needs that? Fine. Then let's call it plainly what it is: spiritual growth means ever more perfect love. Most of us would say that love feels good, but on Earth love is as ephemeral as mist. Perhaps if you were aware that spiritual growth means feeling ever more deeply in love all the time, with everyone and everything forevermore, you might find the concept more attractive.

Achieving spiritual growth turns out to be the whole secret to human happiness. This is true for all of us, whether rich or poor and no matter how much fun we might seem to be having. Since we have not known why we were here, we have been seeking happiness in all the wrong places; but thanks to insights lately received from people we used to think were dead, our floundering is about to end. And what we are learning now about the spiritual growth that is our core human need is remarkable:

- **Growing spiritually has nothing to do with religions.** In fact, as you will see, religious practices can impede or even prevent spiritual growth.

- **Growing spiritually is amazingly easy!** You can make it a part of your daily life without much affecting your routines, and almost from the start it feels delicious. It doesn't take long to make lots of progress, so it never is too late to begin.
- **Growing spiritually makes you happier.** Whatever else may be going on in your life, elevating your personal spiritual energy makes coping easier. It makes everything look brighter.
- **Growing spiritually can bring you a much better afterlife experience.** The heavens that we enter at death turn out to be a spiritual hierarchy in which those who are more developed spiritually will have much richer eternal lives. Since you are here and living this earth-life anyway, why not use whatever time you have left to make your eternal life more wonderful?

The reasons why all these things are true will very soon be clear to you. For now, only know that spiritual growth is easy, it makes you happy, and there is good evidence that it

is the reason why you were born. It doesn't even take long to achieve, once you put your mind to it, so it never is too late to start. And if improving your own happiness both here and hereafter is not inducement enough for you to want to feed the craving for spiritual growth that brought you here in the first place, there is one more important reason why we all should begin this process now.

Human civilization is on a course to disaster. Those we used to think were dead are telling us that unless we act now, in two hundred years a war will begin that will make this planet unlivable. On the other hand, if sufficient people will begin now to develop spiritually, our future in two hundred years will be a literal heaven on earth. They present our alternatives as just that stark.

Of course, some who are reading these words will shrug. In two hundred years we'll all be dead! But those who are dead now tell us that our downward course over two hundred years will be an awful acceleration of the troubling trends that we see around us now. So for people who care about the grandchildren that our own grandchildren will hold in their arms, the stakes in this could not be higher.

This book is a course in spiritual growth made simple. Very simple! To grow spiritually, you will not need

to learn to meditate, chant, pray, or do yoga; you won't need to find a guru, go to church, take expensive courses, join a cult, change your diet, or even give up drinking. Most of us have neither the time nor the interest to do much more than live our lives, so this course meets us where we are now and leads us in transforming ourselves from within. At one time I thought the amazing way this works must be a literal miracle; but then I figured out why it works. Now I only wonder how humankind can have been so clueless for so long.

The course I am recommending to you is not the only one that you might choose, but I think it is the easiest to follow and probably the most effective. These teachings are a philosophy based in your own essential nature, and they work not by teaching you anything new, but rather by helping you remember who you are.

Few Christians follow the teachings of Jesus. They see them as optional in view of the fact that they believe Jesus was born to die for our sins. Indeed, many Christians have paid so little attention to the Gospel teachings that they have sullied the name of Jesus by the way they have treated other people. Please understand that their behavior has nothing to do with the genuine Jesus! But if reading his name here bothers you, simply obscure the Biblical

Introduction

references and turn his words into nothing more than proven wisdom that has no source.

It never is too late to begin! Give yourself the gift of spiritual growth, make the very most that you can of your life, and together we will transform the world.

**THE TIME FOR
TRANSFORMATION IS
NOW**

CHAPTER ONE

THE DEAD TELL US WHAT REALLY IS GOING ON

“I do not feel obliged to believe that the same God who has endowed us with sense, reason, and intellect has intended us to forgo their use.”

—Galileo Galilei, Italian philosopher (1564–1642)

“New opinions are always suspected, and usually opposed, without any other reason but because they are not already common.”

—John Locke, English Enlightenment philosopher and physician (1632–1704)

“Concerning matter, we have been all wrong. What we have called matter is energy, whose vibration has been so lowered as to be perceptible to the senses. There is no matter.”

—Albert Einstein, winner of the 1921 Nobel Prize in Physics (1879–1955)

“Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God.”

—*A Course in Miracles* (Introduction)

“The day science begins to study non-physical phenomena, it will make more progress in one decade than in all the previous centuries of its existence.”

—Nikola Tesla, Serbian-American Physicist, Inventor and Engineer (1856–1943)

The dead know a great deal more than we do. From their elevated eternal perspective, those of the dead who are better developed can not only tell us why we are here, but they also seem to be able to “game out” and predict from present trends our likely future. So if you are not yet certain that we survive our deaths, then please begin to educate yourself! I don't know how important knowledge of the afterlife is to your rapid spiritual growth, but I strongly suspect that it helps. The truth frees us from fear and superstitions, and knowing how much your degree of spiritual development will matter after you die is going to inspire you to want to grow spiritually. But if your time is tight, then simply assume that afterlife researchers have it right, and fill in the gaps in your knowledge later.

The higher-level dead who communicate with us are telling us a great deal more than just the fact that human minds are eternal. What afterlife researchers have begun to glimpse is a greater reality that is many times the size of this whole physical universe, complex and astounding and based

in love. And insofar as we are able to determine, all of it is governed by consciousness.

WHAT THE DEAD ARE TELLING US NOW

Here are a few important facts that the dead consistently share:

- **The only thing that is real is an infinitely powerful energy-like potentiality without size or form, alive in the sense that your mind is alive, highly emotional and therefore probably self-aware.** Everything else that we believe is real is an artifact of that potentiality. Credit for the scientific discovery of the base consciousness energy that the dead describe goes to physicist Max Planck, who referred to it as “Mind.” We might with justification now shout “Eureka!” and begin to call this base energy “God,” but it bears little resemblance to the Christian God. We can find no human-like God that feels anger or jealousy or the need to judge us. The consciousness energy that is all that exists is in its pure essence perfect love.

- **All human minds are part of the base energy that is all that exists.** Not as separate dots, mind you, but rather as inextricable parts of one whole. In other words, each of our minds is part of God, and apparently we never leave God. Hold this thought, since it is going to be essential to your understanding of why these teachings work, and how they can transform the world.
- **We come into lives on earth in order to experience negativity here so we can better grow spiritually.** Afterlife researchers are coming to suspect that this universe and the greater reality that includes it are nothing more than a school that is meant to aid our spiritual growth. This concept does present problems, of course, which challenge our limited understanding. If God is perfect, and if our minds are part of God, then why are we not already perfect? In Chapter Four I will give you what I think are the best—if greatly simplified—answers to what is a complex and perplexing question.

Here are two further facts that might make you more comfortable with following these teachings:

- **There is almost no religion practiced in the afterlife levels.** I hedge this statement only because a few might sing hymns for nostalgia's sake. And those who have died too certain about their afterlife beliefs can find that their powerful minds have put them into illusory heavens that look like what they expected to find, but from which they will later have to be rescued. But just as there are no atheists in heaven, so also there are no religionists. People don't need faith when they live in certainty.
- **Jesus is much more important in the afterlife levels than he is here.** They call him the Master. And he is everywhere, teaching and comforting and visiting the children's villages. He is a powerful spiritual center, loved and revered more than you can imagine. The Buddha also is sometimes reported, but he is not seen as comparable to Jesus. In fact, there is some evidence that the Master may be the most advanced being in every dimension and in every universe. He is above all.

A FEW WORDS ABOUT GOD

It is ironic that advocates of scientific inquiry and advocates of religious worship have battled one another for centuries about which view of reality will prevail, when in truth neither of them has it right. The human-like Christian God that feels anger and jealousy does not exist. Instead, the only thing that exists is an infinitely loving Power that continuously gives rise to everything else, which means that scientists who still want to think that reality is random are off-track, too. Indeed, scientific inquiry has been in the weeds for all the hundred years since Max Planck first realized that consciousness is primary.

Dr. Planck called the base consciousness Mind, but as I try to help you become more comfortable with what we now know to be true I will refer to it here as God. You might think of Mind as the modern, enlightened, improved and much more wonderful version of what God always has been, although thousands of years ago people could not have understood the true nature of the genuine God.

So if you are an atheist, please be assured that the human-like version of God does not exist. If you are religious, you can come home with joy to the certainty that God is all-powerful love, and that you are God's best-beloved child.

THE AFTERLIFE EVIDENCE AFFIRMS THE TEACHINGS OF JESUS

Without the testimony of the dead, we would not be able to confirm that the Gospel words of Jesus are true. Two thousand years ago, Jesus told us things about God, reality, death, the afterlife, and the meaning and purpose of our lives that we could not have validated by any means until we first had put together a thorough account of what the dead are telling us, which happened late in the twentieth century.

In Appendix III, I outline some of the astonishing correspondences between what Jesus said two thousand years ago and what the dead are telling us now. Given the difficult road that the teachings of Jesus have had to travel in order to be with us at all, even garbled, the fact that they turn out to be so consistent with an independent, verifiable source of information may eventually be seen to amount to nothing less than a new revelation from God.

So we begin this adventure in spiritual growth and learning ever more perfect love with the great advantage of understandings that were not available to previous generations. As you read, you may find yourself nursing a growing indignation at Christianity, which has always held the truth in its Bible while it taught its faithful something

else. But I hope you will instead begin to feel gratitude toward Christianity as the custodian of teachings that could not have been preserved for us in any other way. Thank you, Paul, for protecting these teachings by enclosing them in first-century Judaism! Thank you, beautiful Christian martyrs, who died to ensure that the truth might live! And thank you, beloved modern Christians, that you still tend the Master's flame of truth even if you may not choose to live by it yourselves. Thank you!

Finally, after two thousand years and because Christianity has preserved it for us, now at last it is time for us to open humankind's ultimate gift.