

# **Bridge Across the River**

**Communications from the life after death  
by a young artist killed in the First World War**

**In 4 Parts**

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## **Content**

April 1<sup>st</sup> – 23<sup>rd</sup>, 1916

April 1<sup>st</sup>, 1916

Let me enjoy the gift of nature's pageant given by God to human beings for their souls' eternal joy. You have received it into yourselves as you ought to, as God wishes for human beings. But how many there are who have no spark of love for what has been created out of love. It all belongs to you the moment you lovingly absorb it into your innermost: the lofty snow-capped mountains, the symbol for purity; the rushing of the streams, which never dry out; the dark firs, the garnish of the earth; the sprouting earth, ever becoming; the little birds' song, their pleasure and joy; the heavens, the ever-changing firmament, the home of worlds, the origin of the ever-existent, the never-changing, the ever-new, the giver of birth to colors and what never passes away.

O sun, you focal point, you immense reposing one, in whose arms everything lives. You center of growth, you mildness, you all-giving one. To me, too, you gave the power to create.

Thus I behold you once again, beloved earth, you sun, you sky. All this I owe to my Creator in eternity.

Everything you see in the nature around you is a mirror image of your inner being. You only need to learn to understand it and to behold it all correctly, and you will find everything. Every stirring of your souls and every spiritual insight has its parallel in nature. It is like a perpetual repetition of you and the natural bodies around you. The one cannot live without the other; each generates the others' development, they complement one another. Each takes from the other and in the taking becomes richer.

Why do so few people get strength from nature? After all, it was given them to take. But human beings have lost contact with nature in their present phase of development, they are homeless, as it were. That is the reason for the lack of strength and the withering in the present-day generations. But the time will come when the earth will once more become the primal source of all strength, where the spirit will incarnate to derive strength from earthly nature because the earth is full of powers that are also used by the spirit for certain purposes. The earth has not been exhausted yet, but the terrible time of the withering of all feeling for and understanding of nature and her spiritual foundation is nearing its end, and this we owe chiefly to the war. It was the terrifying start of the blossoming of a new spirit vision, of the reinstatement of long forgotten, ancient powers whose goal is *knowledge* to be attained while still in the physical garment.

April 2<sup>nd</sup>, 1916

Yesterday I spoke to you about the power that lies within nature. Today we want to talk about the development of the human being in nature.

Everything surrounding the human being influences him, influences not merely his physical body and the transitory bodies, but his essence, his individuality, his I as well.

Let's assume a person lives in a large city. What happens there is this: all thoughts of the human beings he encounters enter his fluid sphere and in a certain sense affix themselves there. If the person has an inclination toward the good and a thought he receives is bad, in order to protect himself he would have to destroy this thought immediately with the utmost force of his will. But since he almost never notices bad thoughts and therefore doesn't consider repelling them, they can gradually ruin this innocent person. That is the curse of the big city.

In nature, things are different. There a person breathes new life in with every breath. If for example a bad person is alone out in nature thinking his bad thoughts, these thoughts

swarm around in search of support. Nothing in nature catches them up, they don't find any fertile ground, because all of nature is as it were armored against such influences. Thus the thought becomes weaker and weaker, until it dissolves entirely. With time, that generates a remarkable feeling of liberation for the thinker of the bad thoughts, because every one of his bad thoughts gradually dissolves into thin air.

Those were two opposite examples.

But now we want to talk about what nature itself creates in the way of thoughts: in nature, every little plant is surrounded by a delicate aura that exudes satisfaction. All these auras exert a major attraction on the human being, and every little plant progresses a bit in its development if a person, by directing his thoughts toward it, enters into a kind of connection with the plant and takes in a portion of this little aura of peace. The human being unconsciously and thus constantly takes in from nature what is good for him if he dwells on it in his thoughts. Hence there exists a give and take between us and nature.

O Nature, you who were created by our father for the soothing of all torments that constantly accompany life on earth! Give us, Father, the eyes to behold, so that we may understand the deep meaning of your creation. You knew the suffering the earthly path would bring us, and so You refreshed us with the savory pageantry of the earth, for great and far away from us lies the end of the world of space. We thank You for earth's help and want even here to seek heaven, which once will take us up into its redeeming womb. Here there is life like unto the life of heaven. Thus we entreat You, all benevolent Father, grace us with Your wisdom, that we so graced can find our way to heaven even while we are on earth.

April 4<sup>th</sup>, 1916

I would like to add something to the last communication: the development of beings who slowly work their way up to become human is one of the most difficult of problems. After all, one often asks: why did human beings have to be created in the first place? Isn't human spiritual development an eternal up and down? You see, the human being *is* the center of the whole course of development, after all. Out of human beings come sons of God. At one time beings walked the earth in sheaths of flesh and blood who now live in the highest spheres, and can hardly be divined from our level of development. The very thought of the actual existing of such exalted spiritual beings fills us with happiness and bliss. They too, then, were once human beings. They too passed through earth development.

How beautiful it is to tarry among you when you understand me so completely. But it is not easy to be around you when you worry, travail, complain and are anxious over the most transitory things, which however have no bearing on your spirits. Then spending time at your sides becomes a torment for me rather than a joy. The more you, sun-like, strive upward, the more you think and feel sun-like, the more I am with you. The greatness of a person lies in the extent to which he carries his sun with himself. In the sun lies the happiness, the happiness you all have, but which you all too seldom correctly understand.

Your *Sigwart*

April 6<sup>th</sup>, 1916

Today I would like briefly to tell you more about how a person would normally have to develop in order to progress to the point where he stands above matter.

At the first stage, love of the divine and – to the extent possible – willing and the ability to concentrate are developed through meditation. But the most important thing remains the development of love and of the wish to come closer to the spiritual world, to think one's way in, and to sense the happiness of what is to come.

The second stage, which is much more difficult, can only begin once the first one has entered fully into a person's life and grown together with him as if it were part of his body. The purpose of this stage is the development of the will, which demands much more time. But the successes can be felt more readily and are perhaps for that reason more joyous, as perceivable results set in sooner. Once this work at the second level is consummated, the third stage begins: this is the phase of deepening and settling in to all manner of things, the time of the deepest contemplation, which demands an infinite amount of quiet. But then from this follows understanding, and from understanding spirit vision, the comprehending of things out of one's own inwardness. One could call it clairvoyance, but it is a much more profound vision; that is, a vision from inside the divine within us.

The path through these three stages is, in spite of the infinite immensity of the work, sunny and adorned with thousands of different flowers, so one shouldn't despair. I precede you everywhere, my dears, to show you how to stride through even the most difficult paths with a smile. Within your wills lies the strength of fulfillment. You must never allow thoughts of doubt to arise. That would be a great hindrance.

April 7<sup>th</sup>, 1916

Today I want to give you a prayer that was spoken in hours of worry and sorrow. I want to dictate to you word for word, so write it down exactly. If you don't understand its meaning precisely, that doesn't matter. Do not change anything in it, otherwise it will lose power.

I stand before you, living and deed.  
I ladle myself strength from You once more, Lord.  
Hear me!  
And whenever I, fully enshrouded in nights' darkening  
should struggle for breath sprung from You,  
then let me recall the days and hours  
when I was still one with You.  
May one thought only, full and deep from this time, fill me!  
Then, oh hour that weighs on me like a nightmare,  
am I free from you.  
And no matter how large you are, my wish:  
I wish you, Father,  
for You alone raise me out of the dark  
toward the light, which, shining, envelops You.  
You might and love,  
homeland of the past!  
To live through my soul's bliss  
for just one moment  
is enough to create the New.  
This New thing is once more to become One with You, God!

That out of what my primal homeland was  
new homeland may resurrect,  
where the former God, new and young once more,  
betroths himself with me.  
This I entreat, Lord of Graces,  
before I step on hard stone.  
For in the moment of recollection,  
***Stones – will be roses.***

That was a difficult transmission. If and when you can, learn it by heart, so that you can meditate it in grave hours. As an infinitely distant retrospect, it is a prayer that will strongly promote your knowledge and therefore give you steadfastness and certainty.

Your *Sigwart*

April 12<sup>th</sup>, 1916

Please do not stand still. In every spiritual task remember that what you are doing is a drop filling the chalice I will once drain with you. Nothing gets lost, the minutest giving furthers you and fills the chalice.

How different humanity would be if it knew how infinitely much a person can perfect himself, prepare himself and above all create good karma during his time on earth through thoughts about God and the spiritual world!

You know it now through me; that is why you must try to penetrate ever more deeply into the life of the spirit. I myself know that there are days and times when one takes less joy in it, but that needs to be overcome now, because now spiritual work has become your sacred obligation.

Now it is no longer valid to pursue your spiritual interests only when you happen to want to, or happen to take pleasure in them. No, every day must bring you further. Each day you must take something in, whether through reading, praying, meditating, thinking, or even just through punctually carrying out the instructions that I was permitted to give you and through which your spirits mature. You mustn't forget that your lives have begun to take other paths and thus have taken on new tasks to fulfill. It was of your own free will that you began to tread this path of light, which is the only path leading to the attainment of true happiness. Everything else is pure deception, outward appearance, transitoriness. But by the same token different objectives in life are also beginning to awaken inside you, and these are strengthening your will to fulfill the duties you have taken on voluntarily.

I open up in utter love, your *Sigwart*

And now to conclude, a short evening prayer:

To a close draws the day,  
Day of fulfillment follows.  
Slumbering earth awakens  
to the other world's dreaming.

Jubilant you laid down,

Sun, your golden sword,  
So that tomorrow anew you,  
Jubilant, traverse the All.  
Thus I too retire,  
I lay my worries to grave,  
Spread the wings of night's garment,  
Hover to You, to You.

April 21<sup>st</sup>, 1916 (Good Friday)

Today I want to tell you how we here observe the occasion of this greatest event the world has ever experienced in its current phase of development.

The powers stored up from back then are distributed once more over the beings belonging to earth development. This has a re-enlivening effect on slumbering energies. These energies are re-enchanted for the blessing of poor humanity according to the conscious will of the Divine Redeemer, by Whom they were once created.

Thus ever and again this event is a work of redemption that permeates you with the currents of the Christ force. Naturally, the currents also have different effects on different people now, just as they did originally. The Christ force is a spiritual recognition that floods through everyone who receives it, but which can only be taken up and comprehended by those mature enough to open their innermost being unto the influx of the divine source of grace. And even to these souls the draught is not evenly distributed. Each soul receives only as much as it has shown itself worthy of. You need to understand now that at Passiontide and Easter you not only observe a festival of commemoration, but that you are also supposed to open your gates with full consciousness to this mystery, in order to take up the blessing, the enlightenment, the help given you all over again in most exalted love.

Bow down in humility. Open your hearts and receive the blessedness of the resurrected redeeming strength! We are united in love.

I have come to you in the hour of consecration, in remembrance of times we had Holy Communion together. How ardently I received the body of the Lord that first time. I knelt full of humility before the powerful might and properly felt the blessing that sprang forth from it. That changed later, and I went to Holy Communion less and less frequently, because it no longer gave me what I expected of it. No, it literally left me cold. But that was a transition that no doubt everyone has to endure. Then I found myself again, and at the same time the blessing of religion and the joy in everything eternal was reborn in me, never again to disappear. These were the different phases I had to go through until my faith became solid as a rock for eternity.

And so I look down on you today, united with you in the most exalted love, which is now also for our Lord and Redeemer.

It is today, the day of the highest love, when He gave His life out of love, that I bless the hour that took me from this earth in order that what I was permitted to tell you earlier may be fulfilled: through the power of this love of ours an exalted community arose, whose task it is to help disseminate the things I was allowed to communicate to you. Through my death something was awakened in you that otherwise would have lain fallow all the long years of your earth existences.

Do you feel why I wanted to say this today to you, of all people? Peoples' paths are so diverse, but one thing always stays the same: the one must depart, so that the other can prove himself.

Now you have understood that I had to leave you in order really to begin belonging to you, more than ever. Then, only one part of me belonged to you; now, I belong to you *fully*.

Do comprehend now that I didn't hesitate, since such salvation awaited me? I was permitted to awaken you, I am permitted to show heaven to you!

All this was what I needed to say to you today, the day our Savior gave His life for humanity. After all, this day brought fulfillment to *us*, as well.

April 22<sup>nd</sup>, 1916

*Easter Saturday*

It's me, Sigwart.

Listen, then: We too have an Easter festival. But what we celebrate is something quite different. If for you it is the re-appearance (resurrection) of Christ Jesus, here it is His reunification with His higher parts, which he had left behind during His life on earth. There lay such a deep and nameless overcoming of Himself in this separation that the Savior took upon Himself, that one kneels down before the greatness of this deed. It has only been here that we all were able to gain a sense of what the descent of an entity as exalted as Christ actually means. Despite my veneration for this shape of light, on earth I hadn't even the very slightest idea *what Christ was*. How this divine Being was capable of going through and thoroughly tasting of everything that is earthly misery, and not passing *anything* by without the fullest, innermost immersion into it. That is more than great, that is unfathomable and unique in the entire earth and world development.

Unfortunately, though, you can't grasp that in the way that I would only too gladly present it to you. And so I can only give you this one piece of advice: love this Redeemer. Love Him more than anything else. Don't shy away from joyously sacrificing everything to Him, if He asks it of you. This is the way you must keep Him in mind with the devotion and love that is capable of anything.

The time will come when you feel the way I do. Then you will remember me with thanks as the one who tried to make clear to you now, in your earthly lives, how strong your love to Him needs to grow. We want to remember Him with love jointly, too. Call me when you pray to Him and devote yourselves to Him. How gladly I will join you, and then we will be united in our common thoughts of Him.

April 23<sup>rd</sup>, 1916

I spoke to you yesterday about Jesus Christ and want to tell you today about the holy shrines that lie hidden and secret in certain out-of-the-way, strict and exalted monasteries. In these places, the exact account of the life of Jesus is preserved; even His feelings are written down, and the latter are what mainly constitute the great wealth for the person graced to view and research this life's work. I will tell you some other time how this work came to be written down. It is the *sole* comprehensive work about Jesus which contains *word for word the truth*. Why it can be found just in these places will probably be of interest to you. You know, some of these monasteries, which are utterly unknown to the outside world, consist of brotherhoods whose level of development is very high. There are monasteries in which almost all the brothers are at nearly the same level of perfection. And these are the places where this work is preserved and protected as the highest treasure, like a holiest of holy elixir of heaven. Obviously, only those who through effort have earned

everything and are mature enough become members of this community. Often a whole human lifetime passes before someone is admitted to this holy parish. Only in very few cases does a young man still in the midst of life join. Such cases have always been notable exceptions, though; in general it is only rather old people who join.

You might be surprised to learn that there are also such sites for women. They too are admitted to where the highest gifts are kept for humanity; they too have sisterhoods in which a very high degree of development is required, and in these places it is chiefly the young who attain this maturity, because a woman can harvest the ripest of soul and spirit fruits even in the blossom of her life, which a man can only do very seldom. Herein lies an enormous grace for the female gender. Women have fewer struggles to get through; their path to perfection is not quite as difficult as men's.

No one can get to these monasteries unless they are illuminated and have by way of spiritual report been told of them and shown the way there. A normal mortal has no notion of their existence. And yet they exist for the sole purpose of helping humankind. Their power is so great that they can through joint effort influence entire peoples.

They have an overview of everything, and despite their extreme isolation they lead their lives in countries and peoples everywhere in the world. They are as it were everywhere and know all outer processes.

I am able to tell you so much about them because I was among them as their guest. I felt infinitely well in their midst. *That* is harmony; *that* is brotherhood, because perfect unity holds sway among them. If community within current spiritual impulses on earth were only half as balanced and beneficial in its love, mildness and munificence!

I was also allowed to deepen my occupation with the work of Christ. How unfathomably beautiful these hours were for me! It was out of this insight that I said yesterday that I only now can divine the magnitude of our Savior. Besides from my own perceptions, I have gained my knowledge of Christ from *this* work.

It was a remarkable stroke of luck in itself that I was permitted to find my way into this profound world. I met one of its members here by chance while he was in the process of annihilating certain errors. I was watching him and he recognized me, presumably from an earlier earthly life. He looked at me, scrutinizing me, then he asked me very lovingly if I wanted to come with him, as he had to re-enter his physical body and return to the dwelling place of the holy bothers. I didn't understand him immediately, but I felt that he was a highly developed, wise and good spirit, and went with him. It surprised me to find such an exalted community on earth, and everyone still in physical garments, no less. I was also among the women. They received me with the dignity and holiness of priestesses and displayed indescribable goodness toward me.

I can imagine the whole thing might sound almost like a strange fairy-tale to you, but you can really believe me. To an outsider, life in the spiritual world as well always seems like a fairy-tale at the beginning.

In general, I am satisfied with your work, but there are also days when you are negligent. Fortunately, you are now your own monitors; that makes the matter easier for me.

Good night, my dears all. Think of me in happiness and not in mourning.

Always, your *Sigwart*