



**IAN LAWTON**

*a leisurely stroll through the unseen  
realms in ten gentle rhymes*

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# AUTHOR'S NOTE

You would be forgiven for thinking that this is a work of fiction and imagination. But you would be wrong. Much of it's based on the testimony of three types of witness. First, the many spirits who have passed over to the other side and reported back on their experiences via human mediums for more than a century. Second, those pioneering consciousness researchers who deliberately and repeatedly take their awareness 'out of body' to explore other realms, which turn out to be those same ones described by the deceased. Third, ordinary people who've had near-death experiences, which are useful even though they're typically based on only one visit to the other realms, and therefore more likely to be influenced by subjectivity. Of course the other two sources suffer from this too, but typically to a lesser extent.

What is startling, as I'm able to show in the 500-plus pages of my book *Afterlife\**, is their consistency once the more subjective elements are removed. This has allowed me to develop an 'Astral Routemap', which is comprised of the following 'realms', in order of reducing frequency/density:

- the Lower Astral plane
- the Incarnatory/Earth plane
- the Lower Astral plane
- the Mid Astral plane
- the Upper Astral plane
- the Mental plane
- the Superconscious plane
- the Metaconscious plane

Although I don't use such terminology in this work, the majority of it takes place in the Mid Astral, with visits to the lower planes in poems 8 and 9, while poem 10 involves a shift towards the Upper Astral. To try to describe experiences in the realms beyond that in poetic form is beyond my capability – indeed it would be arrogant and misguided to even try. The subjects I quote in *Afterlife* have far more right to attempt this, and even they struggle to put such experiences into limited human language.

If you'd like to understand more about the format and scansion of this work, and how to read it, the entire collection is repeated in the second half of the book with extra annotations.

*Ian Lawton*

September 2026

\* for more information visit [www.ianlawton.com/alindex.html](http://www.ianlawton.com/alindex.html)



# PASSING

## **SONG OF THE AFTERLIFE**

Now here's a surprise, I think to myself  
one minute I'm dying, the next in full health  
the pain's disappeared, I'm so light and so free  
I seem to be floating... and the things I can see!

Down below are my children, the grandkids there too  
all sat round a bed making such a to-do  
they're crying and sobbing and weeping and then  
just as they stop, start all over again

The poor chap that's in it, he's in a right state  
looks haggard with skin that's the colour of slate  
I'll see who it is if closer I get  
must be someone we know to become so upset

My vision was blurry but it's starting to clear  
I seem to be hovering so I move in quite near  
and that's when it hits me, no wonder they're sad  
the chap in the bed... well, it's only their dad!

But that poor old wretch isn't like me at all  
he's shrivelled and weak while I'm strong and I'm tall  
and then there's a much bigger thing needs revealing  
how I'm there in the bed *and* up here by the ceiling?

## SONG OF THE AFTERLIFE

Now let's just stay calm, let's not cause any trouble  
there must be some reason I'm now seeing double  
I cannot be, can I? Y'know passed on... or dead?  
"When you're gone you are *gone*!" is what I've always said

That's got to be it, yet I'm thinking and feeling  
this whole situation is leaving me reeling  
I guess it turns out that those people were right  
who said "Course we don't die, we move into the light"

I look at that body, but that's no longer me  
it's like there's a sadness but also I'm free!  
I did love it once, but not any more  
I've got this fine new one I want to explore

It's clearly much lighter, and flimsier too  
reaching out to the ceiling my hand passes through!  
but I feel so damn vibrant, and ready to thrive  
like before I was dead and now I'm alive!

My urge is to float off and start my new life  
perhaps I can even find Rosa my wife?  
She passed on some years back, I've missed her so much  
I so long to see her and feel her soft touch

## **SONG OF THE AFTERLIFE**

Just as I'm thinking how great that would be  
a ball of white light appears, heading for me  
at first it's so bright that I think I'll go blind  
thoughts of God, even Jesus, are what spring to mind

I'm set to prostrate myself flat on the ground  
when into my head comes a wonderful sound  
the voice of my Rosa... Oh! What a surprise!  
she tells me to focus and look in her eyes

I do, and can tell you again I am reeling  
nothing on earth can compare to this feeling  
we're merging and swirling and dancing entwined  
like two beams of light that are fully aligned

The ecstasy and joy so flood me with bliss  
I want things to continue exactly like this  
yet just as I think it should go on forever  
she gently reminds me it's not very clever

To canoodle while down there our kids are distraught  
she's right too, we really should spare them a thought  
it's so hard to see them so terribly sad  
if only they knew what's going on with their dad!

## **SONG OF THE AFTERLIFE**

She gently unwinds herself from our embrace  
and smiles as I float down and look in the face  
of each one in turn, the grandkids as well  
and tell them the things I am dying to tell

"I'm alive and I'm strong and I'm healthy again!  
I'm better than ever, with no trace of pain!"  
I want them to know that death isn't the end  
although that's what I taught them, heaven forfend

Yet now they can't hear me, though I shout till I'm hoarse  
they can't see me either... I've got so much remorse  
my sadness is building, I just want to cry  
we're so heedless of what happens after we die

I want all my family to know that I'm fine  
that their mother is too and they'll see us in time  
but I sense that there's really no more I can try  
so I tell them I love them and whisper goodbye

I float back to Rosa who with no sense of blame  
says "When first we come over, we all act the same  
I hung round you for weeks trying to get you to hear  
I was wasting my time, I just couldn't get near"

## **SONG OF THE AFTERLIFE**

At this point she asks if I still want to stay  
and I reply “No, you can take me away”  
quite where we'll be going I have no idea  
but I want you to know that there's nothing to fear!

**WHETTED YOUR APPETITE? PLEASE GO TO [AMAZON](#) TO  
ACCESS THE ENTIRE ANTHOLOGY OF TEN POEMS.**

**OR TO DOWNLOAD THE ENTIRE SET OF TRACKS IN SONG FORM  
FOR FREE, PLEASE VISIT [WWW.IANLAWTON.COM/SOA.HTML](http://WWW.IANLAWTON.COM/SOA.HTML).**

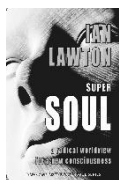
**OR TO FIND OUT MORE ABOUT ANY OF MY OTHER BOOKS,  
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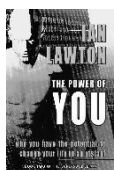
# THE SUPERSOUL SERIES

all published by Rational Spirituality Press  
see [www.ianlawton.com](http://www.ianlawton.com)

## RESEARCH BOOKS



[Volume 1] SUPERSOUL (2013) is the main reference book for Supersoul Spirituality, containing out-of-body and channelled evidence that each and every one of us is a holographic reflection of a supersoul that has power way beyond our wildest imaginings.



[Volume 2] THE POWER OF YOU (2014) compares modern channelled wisdom from a variety of well-known sources, all emphasising that each of us is consciously or unconsciously creating every aspect of our own reality, and that this is what the current consciousness shift is all about.

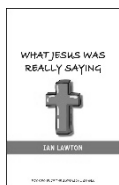


[Volume 3] AFTERLIFE (2019) is a state-of-the-art, clear, reliable guide to the afterlife based on the underlying consistencies in traditional channelled material and modern out-of-body research.

## SIMPLE BOOKS



SH\*T DOESN'T JUST HAPPEN!! (2016) introduces Supersoul Spirituality by explaining how and why we ourselves create or attract everything we experience in our adult lives... so that we are never victims of chance, God's will, our karma or our life plans.



WHAT JESUS WAS REALLY SAYING (2016) is a fundamental reinterpretation of the Christian message that uses excerpts from the Gospels to propose that, through his supposed miracles, Jesus was trying to show us that each of us is a creator god of the highest order and can manipulate the illusion we call reality at will.



THE GOD WHO SOMETIMES SCREWED UP (2018) charts the author's progression from motorcycle and car racer, to pyramid explorer and researcher of ancient civilisations, to spiritual philosopher... with analysis and examples of how he has created or manifested all the various aspects of his life, both good and bad.



DEATH IS AN ADVENTURE!! (2019) is a simple yet essential guide to the afterlife, which answers all your questions such as why you will continue to exist, what to expect and how best to prepare. Based on evidence not belief, it describes the unlimited possibilities we have to create wondrous new experiences... as long as we have a reliable map of the territory.

**IAN LAWTON** was born in 1959. Formerly an accountant, sales exec, business and IT consultant and avid bike and car racer, in his mid-thirties he changed tack completely to become a writer-researcher specialising in ancient history and, more recently, spiritual philosophy. His first two books, *Giza: The Truth* and *Genesis Unveiled*, sold over 30,000 copies worldwide.



In his non-fiction *Books of the Soul Series* he originated the ideas of Rational Spirituality and of the holographic soul. But since 2013 he has been developing the more radical worldview of Supersoul Spirituality in the *Supersoul Series*. Videos about the latter, as well as the full series of ten, short 'Lawton Lectures', can be found at [www.ianlawton.com](http://www.ianlawton.com) and on YouTube. This is his first book of poetry.