

Realms and Destinations

A Spiritual Travelogue

By Michiel Hegener

Michiel Hegener (1952) studied human geography, specialized in cartography, and has been working as a journalist since 1984. While writing articles for newspapers and magazines was always the mainstay of his work, he also wrote travel guides and books.

This is the first book about his own life, not just his current but also his past lives, his 19th-century British life in particular.

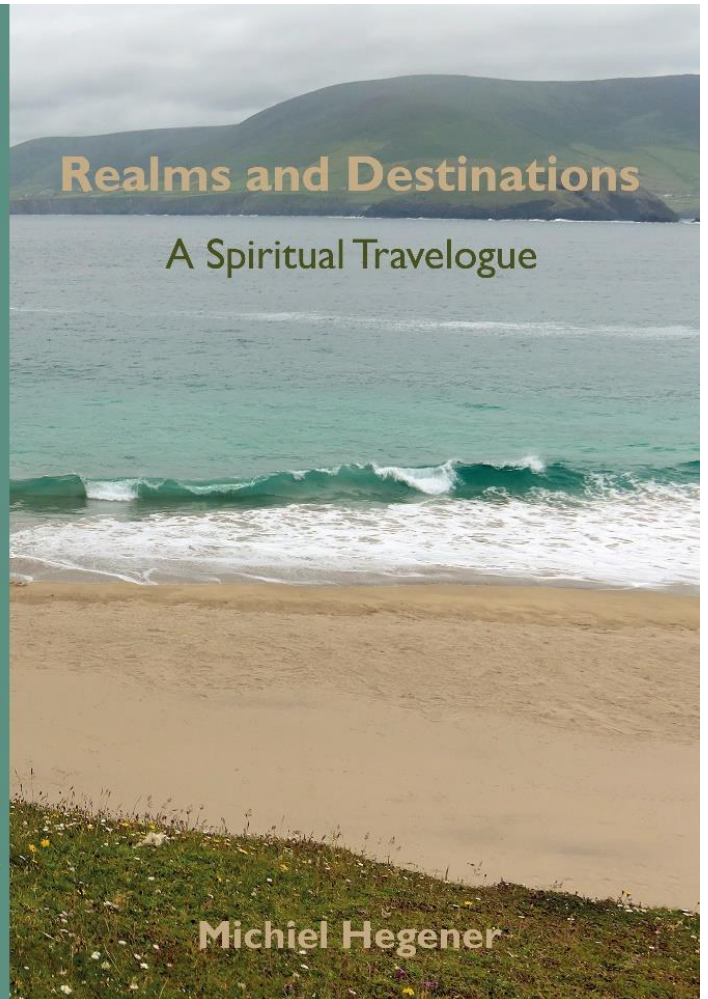
Intense mystical experiences, which first started in 1975, gradually changed the course of his life: from the outer world to the inner path, and daily hours of meditation.

After years of hesitation, in 2023 he decided to share these experiences and his take on meditation with a wider audience.



Michiel Hegener

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Customers in Holland can buy it directly via me (see above) for €28,- or at Bol.com for €28,50 including postage and packing.

In the near future more ways to order the book will be added, and will be presented in this digital leaflet, available online at <https://www.michielhegener.nl/realms-and-destinations.pdf>

Reader reviews

I read it with great pleasure, in one sitting, I might add.

I enjoyed your book. An impressive story that touched me in many ways. It was also very brave of you — as a reader, you feel your sincere experience but also the search for its (incredible) meaning, with all the doubts that entails, and the question of whether and how you can share that.

I am glad you shared it. It has been very helpful to me on my journey through/in consciousness. So thank you very much and much appreciation.

Finished! I send you a big hug for this intensely open, vulnerable, powerful, and necessary book. I really hope that, in these times, you will reach many people with it.

Great reading.

This book has such a pure vibration, it seems to be floating (I never felt this about a book before! It is remarkable). This book stands out in a celestial way. It brings wishes of enlightenment to all beings. [...] this most special testimony of yours which surely fulfills the purpose of awakening a desire to explore one's own journey and the divine dimensions of existence in great depth. [...] thank you for this priceless book, a beautiful fruit of your heart and soul.

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From the Preface

Please read this book as a travelogue, as the story of one person's journey through the realms of spirit and matter, and please do not view it as a travel guide. Each of us has to follow their own path, but my journey is particularly of no use for others because unusual factors were at work during the final year of my past life: events which had a big impact on the first decades of my current life. [...]

[I struggled] with the question of whether I should make this book available to others. What convinced me to do so was the direction I saw the world going in, with so many people abandoning their quest for inner truth and sliding into materialism, and many others clinging mindlessly to organised religion, and newborn babies worldwide being framed as lifelong members of a religion they never chose. I think that especially the first two categories of people could use some eyeopeners to help them see that 'dust thou art to dust returnest' is a misconception. Or, put differently, that the poet Longfellow was right when he wrote 'dust thou art to dust returnest was not spoken of the soul'.

Some of what I write about my early life may seem redundant when you first read it, but please bear with me: everything should gain significance when I describe my past life, which I do later on in the book. Sticking to the chronology of my current life seemed better than lumping corresponding bits from both lives together. The title of this book refers to the various realms in the physical and the spiritual worlds you will read about. Moving between them is all about destinations.

Here and there I mention meditation without explaining what I mean by that word. You can read more about this in the appendix about meditation generally, and how I meditate. The appendix also delves into the meaning of chakras, spiritual levels and energies, including auras. You can of course read the appendix first if you wish.

From the Introduction

This book is an attempt to put into words a series of interrelated spiritual experiences that began in 1975, when I was 23 years of age, and that lasted till September 1982. Past-life memories, and information about my previous life provided to me by entities from the realm of the spirit, form key ingredients of the story.

Since 1982, the spiritual experiences have continued up till the present, but in a less intense form; and they became increasingly integrated into my life and my world view rather than just being a phenomenon outside myself. Those experiences after 1982 that I consider to be particularly significant have been included in my account.

This book isn't an autobiography, as too much information is missing to qualify it as such. I have recorded only certain events and turning points in my material existence here, plus everything that might have a bearing on the main thread of my story: about the world beyond the senses, whence we all come and to where we all return. It was and is my privilege to be close to that extrasensory universe and, at times, to be able to witness it clearly. Now, fifty years after these experiences first began, the time seems right to share them. [...]