

The Needless Fear of "Dying"

Whether you are dying or not, release any fear and worry about "death." Much clinical, scientific, religious, and empirical evidence clearly shows that no one really "dies." Given all this contemporary evidence about continuation of consciousness, what's to worry about or fear? "Death" is really an illusion, a result of our limited human senses. At the time of "death", it appears that you "die", but only an outer shell ends. So relax and enjoy every aspect of life – even "dying." It is totally safe and practically a nonevent. After you have done it, one of your reactions will be, "That's all there is to it?" You most likely have "died" many times before, so what's the big deal? For those with a solid spiritual foundation, passing on will be much like walking through a door from an uncomfortable room to a much cozier room. For atheists, there will be a big surprise to discover life goes on, and nobody will hold their delusion against them. It was an experience they needed and wanted. "Death" is just a transition, a portal to the next stage of life's totality.

You are in for a grand adventure. People who have clinically died and were able to come back to tell about it say: "Recall your best days on Earth – your happiest, healthiest, and most energetic days. Now multiply that by a million and you begin to get a sense of how great it feels to drop the body and fly away." So when you are dying get ready for the journey back Home, to a place you have been for eons, so get ready for a marvelous trip. "Death" is an important part of life. You may wish that you could live forever. No one would age and things would essentially stay the same. It would soon become stagnant and devoid of change and growth. "Death" is like a reset button, a new start, a fresh beginning in a never-ending but often-changing life cycle. The real you is immortal, and you are not aware of your entire magnitude while in current physical mortal body. Do what you love as long as you can. Walt Disney and Albert Einstein worked on projects right up until the time of making their transition. Who knows, you might create some of your best work just before transitioning from this world. What a curtain call that would be. Your mission isn't over until you drop your body.

It's your decision when and how to transition. Loved ones may or may not be ready for you to pass on, but that's your call. You have probably heard the saying, "You can't take it with you." The only exception is your consciousness. Don't carry your dirty laundry with you into the next realm. If feasible wrap up loose ends of this life, financial, legal, personal, etc. That removes any resistance to an easy passing. It gives you peace of mind that you have finished what you came here to do. Also, take some time to review your life and honor what an amazing experience it has been, even if there were a few shortcomings – which also taught you valuable lessons. Just think of all the activities, memories and lessons you have had. It's been well-worth the price of admission. Throw a "I'm going away for a while" party. Our Western culture has turned funerals into somber affairs with black clothes and sad organ music. Get a life! Many other more enlightened cultures celebrate when a person has completed an Earth-school experience, just as we do for high school and other graduations. All major religions (including early Christianity) teach Reincarnation. So throw a party and invite all your loved ones. Share this information with them so they can release needless fears and excessive sadness. It will be a grand day and a proper launching into the next page of life's never-ending saga.

Check in afterward. Over 75 million Americans have experienced an after "death" contact in which loved ones who made their presence known. Discuss this with your loved ones before you change worlds and set up pre-planned ways of letting them know you are alive and well. As more and more people realize that "death" is not the end but a new beginning, humanity can further evolve toward peace, love, and understanding.

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