



Dealing with Dying

Mount Ararat, Turkey

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May we all be living in such a state of consciousness and preparedness, that, when summoned to depart, we may ascend in a guiltless, guileless and glorious way.

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Introduction

Death is but a Gateway to Another Life

There are two periods that are very important to the soul's journey here on earth. The days before we come in and the days before we leave. The purpose of this guide is to assist people to be at peace and unencumbered when preparing to transition from this planet. When a person feels complete with their life, they rest in serenity and contentment. However, if they feel upset or unfinished, unfortunately, their spirit follows suit. Everyone and anyone who assists transition infuses their own life with intense richness and positivity.

Everyone of us is important, no matter who we are, what we have done or where we have been. We are all the collective One, and each little particle of the One, whether here on earth or in spirit, is completely significant.

This is a time where it is important to:

Evoked positive memories

Facilitate truth

Resolve conflicts wherever one can

Eliminate denial of any sort

Complete the unresolved

Open our hearts and vulnerability

Create the pathway to "rest in peace"

Everything you or another person says needs to be documented. It is better if one can document it themselves so that the words are left in their own handwriting. However, if you or they cannot, please make certain, someone documents it for you or them. It becomes a testimony to the history which carries our spirit and soul.

Exercise 1

Relationships

Death is not an end to our relationships, only a transition.

Our relationships and how we feel about them is the most important aspect to our life's journey. No one can really learn about themselves by themselves. We need relationships in order to grow and develop. To be at peace, we need to study and look at what is unfinished and still hurtful. Though it is not easy, it is necessary for a positive transition. As well, it is important to infuse ourselves and others with good and loving memories. We leave a light around them, which stays within their presence indefinitely. What a gift to leave behind!

Personal Partner

1. If you are married or have a significant other, how do you feel about him or her today?

2. Clearing the air, what words have you not spoken that you want to make sure to say or write?

3. What is the most significant thing you admire about your partner?

If Divorced

1. If you are divorced how do you feel about him or her today?

2. Clearing the air, what words have you not spoken that you want to make sure to say or write?

3. What are the attributes that you most remember about this previous partner?

Children

1. Do you have children, biological or otherwise and how do you feel about them?

2. Clearing the air, what words have you not spoken that you would want to make sure to say or write?

3. What is the most significant thing you admire about each of your children?

Grandchildren

1. Do you have grandchildren, biological or otherwise and how do you feel about them?

2. Clearing the air, what words have you not spoken that you would want to make sure to say or write?

3. What is the most significant thing you admire about each of your grandchildren?

Friends

1. Who are some people that you consider or considered to be good friends?

2. Clearing the air, what words have you not spoken that you would want to make sure to say or write?

3. What is the most significant thing you admire about each of your friends?

Associates

1. Who are some people that are not related to you that you consider or considered to be important associates?

2. Clearing the air, what words have you not spoken that you would want to make sure to say or write?

3. What is the most significant thing you admire about each of your associates?

Exercise 2

Memories

Memories live on forever, long after we have departed.

Memories and how we feel or felt about them make up our history. And our history is a significant part of our soul and its journey here on earth. When getting ready to leave, we want to feel as clean and clear as possible. Though some memories can be painful, it is better to deal with them before we leave, than to be stuck with them after we depart. On the other hand, it is just as important to empower our positive memories. This, in itself elevates the energy around our bodies as they are shutting down. As long as we are still in our body, awakening can happen at any time, and it is never too late. No matter our truth, it is the source of our enlightenment.

1. The most hurtful thing that happened to me in my lifetime was and how I resolved it was, or am going to resolve it is...

2. The most loving thing that happened to me in my lifetime was...

3. The saddest thing that happened to me in my lifetime was and how I resolved it was, or am going to resolve it is...

4. The happiest thing that happened to me in my lifetime was...

5. The most disappointing thing that happened to me in my lifetime was and how I resolved it was, or am going to resolve it is...

6. The most magical thing that happened to me in my lifetime was...

Exercise 3

Love and Intimacy

To live is to love temporarily – to die is to love for eternity.

1. Who are the people you feel the closest to in your life and why do you or did you feel close to them? People can be alive or passed.

2. Who in your life do you feel loved you the most?

3. Who is left that you want to share how much you love them and have not?

Exercise 4

Remorse

Use death as the mighty mediator.

1. If you could do one thing over again, what would it be?

2. Whom do you want to make amends to and why?

Exercise 5

Closure and Completion

The wise make death a release from all pain and suffering.

1. Is there anyone you feel unfinished with and why?

2. What would you like to say to them?

3. If there is something you feel unfinished about, how would you have liked to finish it?

4. Is there an unfinished dream that you would like to pass to another who may share in the same dream?

Exercise 6

Reclaiming Our Spark

Death is the Re-admittance of our Divinity.

When we are birthed, our unique spark is suffused with unlimited potential. This energy comes to us from the universe through our hearts. It is only when we become exposed to traumatic events, which is inescapable in this world, that our hearts become protective and sometimes hardened. Our ego takes over, separating us from our truths and disconnecting us from our heartfelt feelings. Our unique spark then diminishes to a pilot light, and we just exist, trying to survive the challenges of everyday life.

However, it is NEVER too late to reclaim and reignite our spark because it was our original birthright and is connected to our spirit and soul. They come in with us and are the only part of our being that leaves with us.

Five Steps to Reclaiming our Spark

S - ervice

P - eace

A - wareness

R - espect

K - indness

Service

Service is doing what needs to be done, even under difficult, trying circumstances. Most people are convinced that the problems are so large they cannot possibly make a difference. This is the farthest thing from the truth. A formula for world wellness: each day do five things to be of service to someone or something. It is a gift to ourselves because being of service is showing gratitude for where we have been blessed. A wise master taught “to serve is to rule” and another wise master taught “the rule for the richly rewarded is to serve and serve and serve.” A life while serving is a worthwhile life because it funds a feeling of worthiness into other people’s lives.

Remember: Service transmutes disrespect to respect, exclusivity to inclusivity, loneliness to love, sadness to sacredness and poverty to prosperity.

Where have you been of service?

Family – if so how?

Friends – if so how?

With those less fortunate, if so how?

Community – if so how?

Global – if so how?

Non-profits – if so how?

Yourself – if so how?

Other

Peace

To be a peace-master, we need to master the way we speak our “peace”. We are responsible to communicate in a way that others can hear us; however, we are not responsible for the way they respond. In order to achieve peace, we must first be willing to heal ourselves, and stop our negative emotions that come from our wounds. We are not at peace because our problems are solved; our problems are solved because we are at peace. Peace of mind comes from a certainty that universal laws prevail no matter what the circumstances. This creates a tranquility that stays anchored even in the roughest of seas. Peace does not dwell in outward things, it dwells within the soul.

Remember: Peace is rarely denied to the peaceful.

Where have you been a promoter of peace?

Partner – if so how?

Family – if so how?

Friends – if so how?

Community – if so how?

Globally – if so how?

Non-profits – if so how?

Yourself – if so how?

Other

Awareness

What is truly essential is, more often than not, invisible to the eye. The most significant things are usually concealed amongst the smallest details. To access our empowerment, we must begin to sharpen our senses. Do not be oblivious, look beyond the obvious. Awareness is the first step of the sacred laws because the lack of it gives the dark forces room to play. It is also the first step to a successful life. To be a wise one, one must be an aware one. Our awareness is a quickening of acute protection for ourselves and those in our life. We deliberate with caution but deliver with courage. This act of self-respect facilitates a profound upgrade for our human evolution.

Remember: Awareness holds within it the primary force of purity, prowess, prudence and power.

How have you kept an awareness?

In your home – if so how?

In public – if so how?

In social media – if so how?

With family – if so how?

With friends – if so how?

With news – if so how?

With Politicians – if so how?

With those less fortunate - if so how?

With the environment - if so how?

Other

Respect

Respect is the social code of interweaving our heavenly nature within our human nature. We hold ourselves responsible for living obedience to the universal laws, making our integrity obvious. Respect is the integration of pure unconscious motive with conscious intent. Being respectful is having a reverence to all living beings and a responsibility to all things happening. Respecting ourselves imbues us with a sensitivity to honor people who are lost and who do not honor themselves. The components of respect are birthed from the higher force fields. They are grace, obedience and decency. In truth, being respected is a much greater compliment than being loved.

Remember: Respect is the only ingredient that can eradicate all shameful events.

Where have you shown respect?

Partner – if so how?

Family – if so how?

Friends – if so how?

Acquaintances – if so how?

Business associates – if so how?

In public – if so how?

Other races or nationalities – if so how?

Yourself – if so how?

Other

Kindness

In truth, genuine acts of kindness to just one person can affect the whole of humanity. They are a statement of our responsibility for the wellness of the world. Acting kindly is a stepping stone to creating a more respectful humanity. When in doubt – we need to do the kind thing, as it refines and defines our character. Kindness is the essential quality that extinguishes indifference and injustice. Being kind is a symbol of sanctity, free from material concepts. Kindliness is purpose rooted in purity and compassion, a sacred intelligence being birthed from our hearts. Through our smallest deeds of kindness, we make a huge inroad to happiness, health and harmony for ourselves and our entire planet.

Remember: Kindness in action always oversees the blindness in non-action.

Where have you shown kindness?

Partner – if so how?

Family – if so how?

Friends – if so how?

Acquaintances – if so how?

Business associates – if so how?

In public – if so how?

Animals – if so how?

Environment – if so how?

Yourself – if so how?

Other

Exercise 7

Remembering Me

The introduction of death has shown me that everything I leave, I leave encircled and endowed with love.

Things that are important to me and who I want them to go to....

My Will - If you have one and who has it?

My insurance policy - If you have one and who has it?

My car - If you have one and who I would like it to go to?

My things - Where you can find them and who I would like them to go to?

My pets - Who I would love to have them?

Exercise 8
Contract with Myself

*Let me love myself before I leave so that my spirit will live
on forever as a beloved.*

Name _____

This is the list of all the things I love about myself:

Suggestions that Help the Person Who is Transitioning

If they are still eating, make food cooked with love

If they are still talking, have them talk about anything bothering them or good memories

If home, bring in hospital bed so they can be a little elevated

If home, hang chimes

If home, soft pictures on the wall

If home, blankets and linens that are soft material

If home, pastel colors around the room

If home, call hospice to make certain they are kept out of pain as much as possible

If home or in hospital, make sure they are turned often to avoid bed sores.

If home or in hospital, play soft music

If home or in the hospital, use aromatherapy

If home or in hospital, have a water fountain running

If home or in hospital, have flowers

If home or in hospital, photos of loved ones who are not able to be present

If home or in hospital, sponge baths with appropriate fragrant soaps

If home or in hospital, keep their hair clean and coiffed

If home or in hospital, a soft, stuffed animal to hug

If home or in hospital, read inspiring books or poetry to the person

If home or in hospital, bring up funny memories that bring laughter and smiles

If home or in hospital, thank them for all their good deeds

If home or in hospital, keep asking them if there is anything you can do for them

Conclusion

As life transforms us, death transmutes us.

Death and dying are a part of life, just like becoming pregnant and birthing. Dying is likened to pregnancy and death is simply re-birth. When we realize how much else there is beyond this world, we overcome our fears of dying. We stop our internal earthly dialogue and we start to listen to the external whisperings of heaven.

During times of transition, it is imperative to keep feelings flowing to maintain an open heart. Many people do not know how to express these feelings because all they are aware of is a dull ache, or numbness. Coming through this process allows for the emergence of a stronger, healthier spirit.

“Preparing to die is the same thing as living your life to the fullest. It is taking direct action toward the fulfillment of your dreams. Participating with someone preparing to die is the highest honor that can be bestowed upon us. Unfortunately, most of us feel unprepared and have a very difficult time letting go. It is the wisest amongst us that knows that death will come to us all. This is the most important time to communicate and act in such a way, that when the day does come, we have done everything in our power to ensure that the person who is dying will, in fact, ‘rest in peace’.”

*Danielle Light, Phd.
Author of “Remembering Me”*