

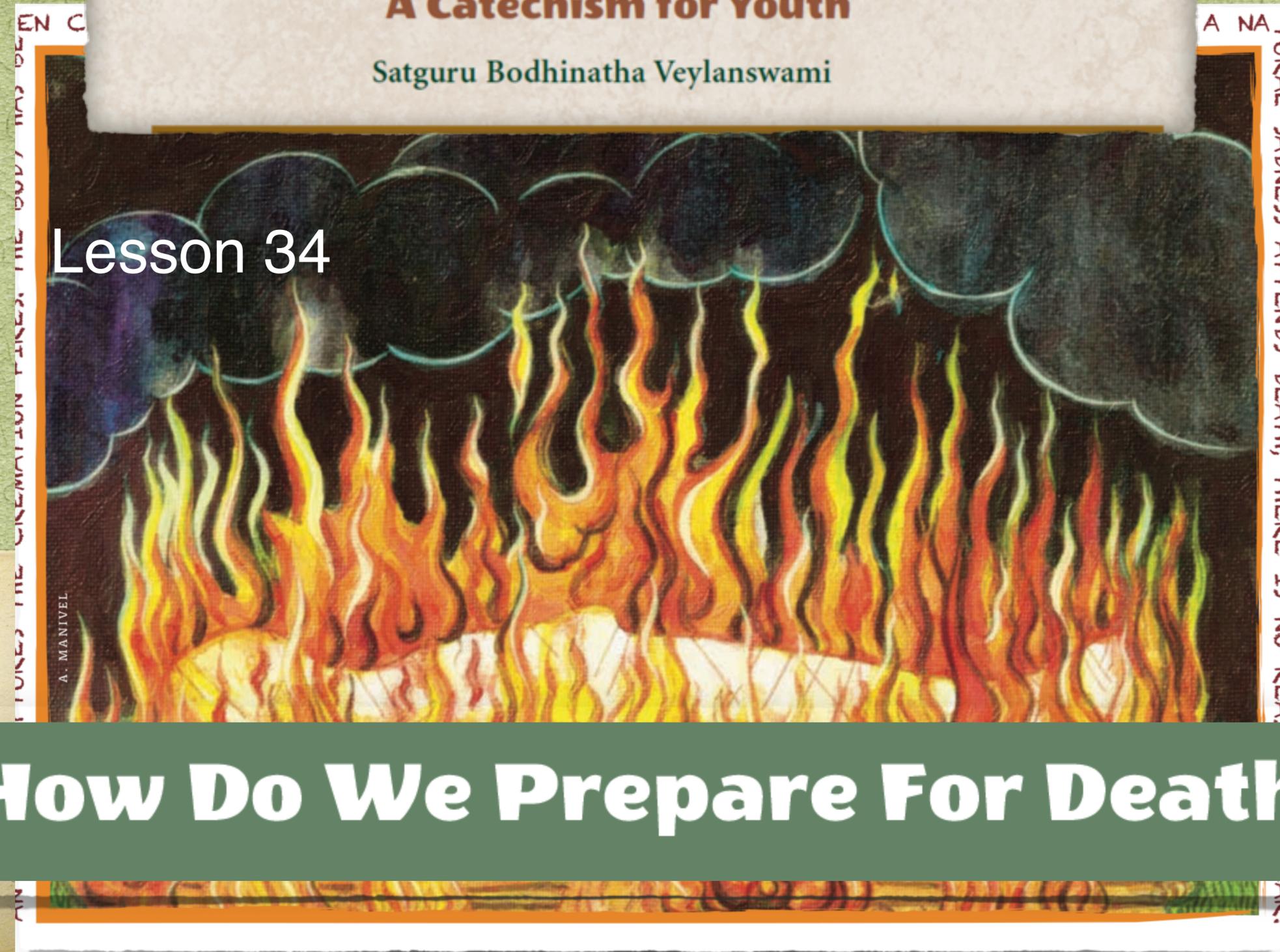
Path to Siva

A Catechism for Youth

Satguru Bodhinatha Veylanswami

Lesson 34

How Do We Prepare For Death?



What is death?



Our rishis and holy scriptures assure us that death is a blissful, light-filled transition from one state to another, as simple and natural as changing clothes.

Our Soul never dies

It is not a horrid experience to be feared.

In fact, ancient sages called death man's most exalted experience.

Our soul never dies; only the physical body dies.



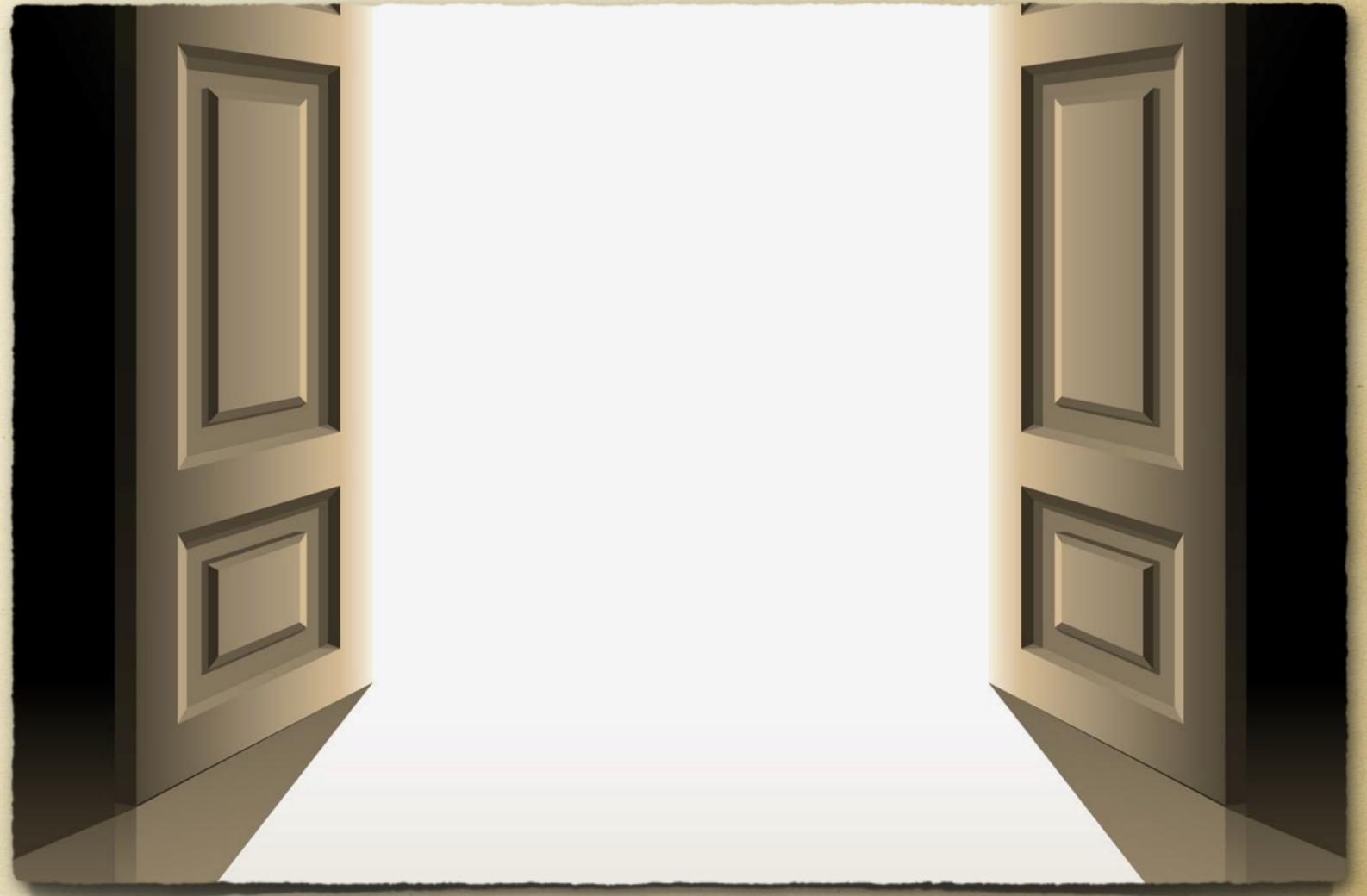
Death and afterlife

We neither dread death nor look forward to it, for we know that life, death and the afterlife are all part of our path to perfect oneness with God.



A quick transition...

Death is a quick transition from the physical world to the astral plane, like walking through a door, leaving one room and entering another.



Nothing except our sadhana

If we are blessed with the knowledge that our transition may be soon, we fulfill obligations so that we have nothing on our mind except our sadhanas.

We make amends and resolve differences with others, forgiving and letting go of conflicts of the past so that we are free of guilt and worry and don't carry these karmas into future births.



We turn to God

We also execute our will, distributing our possessions and duties, not leaving these tasks to others.

Then we turn to God through meditation, japa and study of our holy teachings.



The Great Departure

Many Hindus go to sacred places to make their Great Departure, as it is called.

Varanasi is the most famous for this.



At the time of death.

It is ideal to be conscious and clear of mind at the time of death.

Therefore, we minimize the use of drugs and heroic efforts to keep the body alive.

When nearing transition, if hospitalized, we return home to be among loved ones.



Leaving through the crown chakra

In the final hours of life, we seek the Self God within and focus on our mantra while family keep prayerful vigil.

At death, we seek the grace of God Siva as we strive to leave the body through the crown chakra at the top of the head, entering the clear white light and beyond in quest of liberation.



Gurudeva says....

The Death itself is not painful.

Death itself is blissful.

You don't need any counselling.

You intuitively know what's going to happen.

Death is like a meditation, a samadhi.



QUESTIONS for Lesson 34



34.1 Death is not a blissful, light-filled transition from one state to another but rather it is a horrid experience to be feared.

- True
- False

34.2 Death is a quick transition from the physical world to the astral plane, like walking through a door, leaving one room and entering another.

- True
- False

34.3 If we are blessed with the knowledge that our transition may be soon, we.
(Number the following actions 1 - 2 to indicate the correct order)

___ Turn to God through meditation, japa and study of our holy teachings.

___ Make amends and resolve differences with others and execute our will

34.4 Our transition to the inner worlds is called
(Check the correct answer)

- A. Great departure
- B. Karma
- C. Reincarnation

34.5 It is ideal to be conscious and clear of mind at the time of death. To accomplish this,

- A. We stay in the hospital rather than return home
- B. We minimize the use of drugs
- C. We minimize the use of heroic efforts to keep the body alive