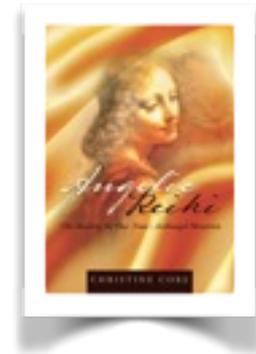


Death & Dying Chapter

A copy of Chapter 11 from the book 'Angelic Reiki, The Healing for Our Time' by Christine Core



Kevin and I believed that teaching about the subject of death and dying was an important part of our work.

Kevin had done a lot of work with death and dying. He has supported members of his family through the process and he had worked for several years in a Hospice in the North of England.. All of the deaths in my family had occurred many years ago so I didn't have any personal knowledge of supporting someone until I shared the experience with Kevin.

One of the greatest services that we can do is support someone during the dying process. We can also support ourselves by making preparations for our own death.

Death is the most important journey that we will ever take but few people prepare themselves for it. Western cultures generally do not want to address the subject of death and this has led to it not being dealt with very well. In spite of there being many accounts of near death experiences we still feel it is an awful mystery and prefer to sweep the subject under the carpet. It is our attitude to death that is actually causing a lot of problems. Thanks to the hospice movement things have improved tremendously over the last few years but still people are left in hospital beds to die alone. The language that we use around death also exacerbates the situation. We talk about death as a "loss" and about those who cry as having "broken down". The way that we speak of death constantly reinforces an unhealthy relationship with it. We often don't know how to talk to somebody who has just experienced the death of someone close to them and avoid the subject creating strained relationships. This can actually lead to losing close friends because they do not know how to deal with the situation. Many people do not know how to express their emotions and feel that it is inappropriate to cry in company or in public. We also don't know how to deal with children around death and from the

erroneous idea of protecting them, divorces them from a natural grieving process and contact with someone close who is dying. Kevin tells a story, which may also be true for you, of how when he was little the adults would huddle in groups and whisper about the member of the family who had just died and send him to his bedroom out of the way. This can leave the lasting impression on a child that death is something mysterious and needs to be feared.

It is the most common event of all human activities, but it is the one that we least know how to deal with. Death has been shrouded in mystery and fear and it is this that has created such a dysfunctional approach. We have also been fed misinformation and lies. We have been led to believe that nobody knows what happens but this is not true. Indigenous peoples know what happens when we die but modern society has dismissed their wisdom. The Tibetans hold this wisdom and today there is "The Tibetan Book of Living and Dying" by Sogyal Rinpoche which describes how we pass through the veil of death. The Greek legends also have this information and are taught through the allegories of Hades, Persephone and Demeter and paying the boatman to Cross the River Styx. There Is the Egyptian Book of the Dead. This information was recorded by the royal scribe Ani and describes to 21 levels of the underworld each with its own Pylon or entrance .It describes how we passed through the Duat and how our hearts are weighed against a feather by Anubis (the Jackal.) In psychological terms these texts give a complete description of the levels that the unconscious mind has to be passed through in order to successfully raise our consciousness to a higher vibration. But even with this body of knowledge we have chosen to buy into the idea that death is a mystery to be feared. Fear of death has so deeply been woven into our belief system that you may be shocked to know that viewed from spirit death is a most wondrous initiation. From the point of view of spirit what we call birth is death. As our consciousness merges with the physical world we go through a band of energy which whips clean the memory of who we are on higher levels of consciousness. When we incarnate we die to the knowledge of ourselves as being something more than flesh and blood and personality, but for spirit there could be no greater death. What we call death is the dropping of this limited view of ourselves and being re-born to the knowledge that we are great beings of light. Yes, when a Loved one dies it is very painful for us but the fear and mystery around it has exacerbated the suffering both for the dying and others. If we knew that our Loved one was going on an amazing journey and that there would be wonderful loving beings meeting them and that they were returning to their family in spirit, then we would be able to feel sadness and joy.

Our attitudes towards death are changing and they will continue to change as part of the Ascension process. As we ourselves realise that there is just Love and no separation then death will lose its sting.

There is much for us to learn about how to embrace death both for others and ourselves. Death is the greatest initiation and journey that we will ever go on but we rarely prepare for it. We usually prepare well for journeys, finding out something about where we are going, how long the journey will take, what clothes we need to take and who is going to be there to meet us. We can prepare ourselves for our own death. Kevin had done many meditations preparing himself for his own deathing process and this was not something that he did when he knew death was close at hand. It is something to prepare for now. He knew which Ascended Master would come to guide him on the journey, what the journey would entail and at what level of consciousness he wished to find himself at the end of the journey. He was aware of the attachments that he had to the physical world and worked on releasing these.

The process of letting go of the physical body is a spiritual practice; it is an art. There is a good way to do it and there is a not so good way. At the moment most people in Western society go through the deathing process in the not so good way. This is actually affecting the spiritual consciousness of humanity.

What is meant by the, not so good way to die? If someone approaches death and takes their last breath in a state of emotional trauma, perhaps believing that it should not be happening or in a state of anger or fear, this conditions, the place in consciousness where they will end up when they pass through the veil to the other side. The reality where they find themselves is totally conditioned by the frame of mind they are in when they take their last breath. How many people die alone with their bed pushed to one side and curtain pulled round them in the hospital? When we die nothing changes. The only thing that is different is that we do not have a physical body. After dropping the physical body we started our journey. The next part of the journey is passing through what the Tibetans called the Bardo, in Greek mythology is the River of Styx, in Egypt the Duat or underworld and in Psalm 23 of the Old Testament Bible is referred to as "the valley of the shadow of death". All of these terms represent our own subconscious. As we take the last breath we enter a consciousness state where the whole of our life is revealed before us. So at the moment of death we undergo a journey into our own subconscious mind where we are faced with content rating the decisions that we have made in that lifetime and the consequences of those decisions. In Egyptian tradition our heart is weighed against a feather. It is up to us whether we judge ourselves for what has taken place in that lifetime and it is also up to us how weighed down our hearts is as we let go of the pleasures and desires of the physical world. The whole process of passing through the underworld is an opportunity for us to release our attachment to the 3-D plane.

As we leave the third dimensional physical world we enter the fourth dimensional astral plane. The astral plane is very similar to the physical world, instead of it being composed of dense material it is made of astral substance. This responds totally to thoughts and creates a reflection of our thoughts as the reality around us. If we enter the astral plane in fear and a great desire for material things, then all of these things form the world in which we find ourselves. In this place time stands still.

Before I describe the next part of the journey I want to let the reader know that the healing that we can do for someone in the few days leading up to death is profound and I will tell Kevin's story about the death of his grandmother later. Because time in the astral plane stands still it is absolutely possible to do this healing now for someone who has died in our past. It doesn't matter how long ago. I wanted to give you this information here because you might know of someone who would have greatly benefited but you did not have the information of how to heal through death at the time. Please do not feel regret, you can do the healing described on page 179 for them now.

Imagine someone who takes their last breath alone, they are feeling lonely and wish there was someone there to talk to; they have been regretting not being in touch with the son that they haven't spoken to for a few years; they used to enjoy sharing a beer with their friends at the local bar; they recall how much fun they had had driving fast cars and wish to drive one more time.

All of these thoughts and desires create the reality around them on the astral plane, but it is all just a thought form. Here all the emotions, desires and wishes are felt but there is no way of satisfying them because all of the reality is simply astral substance. This is hell and we create our own hell from unfulfilled desires. There is no place of punishment except for the reproach we meet out on ourselves.

Just imagine how much we can so easily change someone's experience of death and the place in which they are going to find themselves after they have taken their last breath.

As there is no time on the astral plane it is impossible to say how long this state will last. Eventually the person may reincarnate with all their desires or these may grow less intense. There are people to help on the astral plane. There are many beings of devotion and Love and with healing skills. There is also a place where one can take the deep rest of astral sleep. If these desires and emotions are not strong and easily released, the person moves to the level of consciousness known as the fifth dimensional or plane of thought. Here the call of the Soul can be more easily heard. It is also easier to let go of attachments to the mind so transiting this dimensional is an easier process. The next level of consciousness is that the Soul and with it comes the knowledge that we are not an individual

inhabiting a specific location but a vast consciousness. With this awareness comes joy beyond what we can imagine, a passionate feeling of pure life and an overwhelming feeling of Love.

The Deathing Process

The process is in two parts. One is called the long death, and the other the short death.

The Long Death

The long death starts when a call is issued from a person's Soul to withdraw from the physical vehicle and return home. This immediately sets up an interior process and reaction whereby various chemical changes occur, and certain shifts in consciousness are activated to prepare the person for withdrawal. The timescale involved in this can be many years, a few months, or even a few weeks.

Some people are aware that the Soul has issued the call and for others they only know subconsciously. Kevin knew and it was when we were teaching in Texas in 2005. We had taught our first Shamballa workshop together which had taken the work to a new level bringing in the Angelic vibration as well as that of the Ascended Masters. We had now established three workshops together and Kevin received a distinct message that his job was now complete. We had to fly up to Los Angeles for the next workshop and then drive up the coast. I remember him lying on the bed in the hotel and really not knowing whether he was going to leave the incarnation. It was not the time for him to go then, it was just the change in energy due to his reaction to the call.

When the call is recognised on a subconscious level then people can do amazing things to prepare for their death but not realise that that is what they're doing. A friend of mine's father started one morning to clear out his garage. All the jobs were completed (an unknown event) and all the tools neatly put away. He then told his wife that he wanted to go on a long tour of the South of England and visit all his old friends. They had a wonderful summer and returned back home at the end of August. As autumn came he became quite quiet and then one day he peacefully took his last breath.

It is said that even in the case of sudden accidents the person has received the call of their Soul even though it might only be hours beforehand. On closer examination relatives can usually spot clues like finishing jobs, tidying up making phone calls.

The Short Death

(The following was written by Kevin as part of an article on death and dying. The full script is available to download from our web site)

“The short death involves a period of seven days. The first three days lead up to the day whereby the person will take his last breath on that day. On the fourth day the person takes his last breath. For the remaining three days the person then withdraws from the physical/Etheric body and travels the path of return

Why seven days? The reason is that seven is an archetype of creation. In the Bible the world was created in seven days. In any one moment your consciousness is spanning seven days. In the now moment, where you are reading this article, is the fourth day. Your consciousness is projecting from this moment, three days into your possible future; and at the same time it is withdrawing from the three days of your past from this moment. So in any one moment your consciousness is spanning three days either side of the day you find yourself in now.

To give an example of this! How many of you reading this article have found yourselves approaching a holiday and as you get closer to the date of your departure you find yourself finding it harder and harder to focus on your everyday reality. So if you were at work, as your last day approaches, you find it more and more difficult to concentrate on the job in hand, until on the last day before you go, concentration on work is virtually impossible. Why is this? The reason being that three days before your departure date a part of you had already set out on the trip. On the second day more of you has left, until by the third day there is not a lot of you actually here.

Of course this also works in the reverse. When you are on holiday, it can take you anything up to three days before you actually let go of your life and work back at home before you start to really enjoy your holiday. As you begin to approach your leaving date to return home, you find yourself thinking more and more about what you will have to face when you get back. You start to latch-in to the problems you feel you will have to face when you return back to work or home. Again, this is because three days before your departure date you start to return home in consciousness. This is a cosmic archetype of consciousness.

Therefore, as you sit in the room reading this article your consciousness is actually spanning seven days and this is one of the keys to the understanding of manifestation, of bringing what you wish into your life in any one moment.

This is also the key to understanding the process of death, of withdrawing from the physical body. So a person who is dying goes through the process over seven days, takes seven days to die, to leave this incarnation on the third dimensional plane. There are three days that lead up to the day where they take their last breath. On the day before they take their last breath, whether that person has had a serious illness, or had an illness which has affected their consciousness, such as senility; on the day before they die they appear as normal as they ever were before they had the illness. I am talking here very generally.

They appear to be normal, without pain, in very good spirits, very animated and willing to chat in a very good humour. Everybody who is around them, their family and friends, are amazed and feel that a miracle has happened. However, this state may continue for about 12 hours, but soon after the person then lapses into a state of unconsciousness. Then, again very generally, that person will remain in that state for another 12 hours leading up to them taking their last breath.

It is here that I wish to emphasize that although the person has taken their last breath physically they have not necessarily left the physical body. The process of abstraction from the physical body can take another three days. Their consciousness is still attached to the physical body for a further three days.

It is said that a person who has taken their last breath and is in the process of detaching from the physical body, will be called back to that physical body at the same time they took their last breath, on each of the three successive days following the day they took their last breath.

In many of the spiritual traditions, including the Buddhist, a person who has died is not touched for three days after they have taken their last breath. This is to allow the person to complete the process of abstraction undisturbed. This is also why in the Bible, Jesus was interred for three days, and then arose again.

As in the example given above whereby we accept that our consciousness is constantly scanning a period of seven days, we can see how a person who is about to die has visions of people in the room that nobody else can see. This is because their consciousness is already transiting into the 4th Dimension, so in actual fact the person who is dying perceives two realities at the same time. It is a truth, that as the time of death approaches, death being the last breath, the person that they were connected to most in a loving way, who has already passed over into the 4th Dimension, is allowed to

guide the dying person through the process. For a person doing spiritual work, or an Initiate, the Master in whose ashram they are a part will come to guide his student back into the ashram.

Staff who work in hospices know the signs very well and can indicate to relatives very accurately when that person will take their last breath.

For me, the Irish have the most perfect way of dealing with death. When the person has died they are gently placed in a coffin, which is then placed in the living room of their home, and a three-day celebration ensues. As that person is drawn back to the physical body at the time of their death over the next three days they find themselves surrounded by all their friends and relatives in celebration of who they were. What better way of leaving the third dimensional plane than that!

The subject I would like to touch on now will certainly present itself to many of you reading this article in your lifetime. When a person is dying the senses start to become very acute, and this is very well known. The order in which the senses activate at birth, now start to deactivate in reverse order at death. A person who is close to death will start to decline eating food, followed closely by declining to drink. The timescale of this is very variable. The last sense which remains right up until the moment of the last breath is hearing. This sense can become so acute that you could be 10 feet away from the person and they could hear what you are saying in a whisper.

Our perception of being around the dying person is quite the reverse. To see a person close to death you would think that they would be totally unconscious, without any attachment to physical plane reality whatsoever. Relatives who visit a person in such a state tend to voice their opinions of that person believing that they cannot hear them. They can quite easily fall into discussions about negative situations in which they found themselves and the person who is dying. Contrary to their belief, that person can hear every word and react in consciousness to it. This again, can cause untold misery and anxiety to the person who is dying and an awareness of this should be made available in all situations where relatives are visiting a dying relative or friend.

The reaction of the dying person to what is said about them can create a situation in consciousness that will influence where they end up in consciousness as they pass into the 4th Dimension. We must constantly be aware that when we are with a dying person all that we think, say, or do, has the potential to influence the environment in which that person finds themselves when they leave this incarnation.

It is here that I would like to deal now with the actual process of abstraction from the physical body.

From that part of ourselves which projects consciousness into the 3-D realm a call is issued for that part to return to the whole. This causes certain reactions to occur which are as follows;

a) This causes certain physiological effects to be felt, in connection with the heart, the nervous system, and the endocrine system. These effects are known to the medical profession and have been catalogued by them.

b) our nervous system has its Etheric counterpart and in the Hindu system these are known as the nadis. They are the electromagnetic energy filaments which penetrate every nerve in our bodies. It is through the Etheric body and the nadis that our Soul connects to this incarnation. They react to the directing impulse of return issued by the Soul and reorganize themselves for abstraction from the dense physical sheath. This is felt as a vibration which runs through the entire nervous system.

c) The effect of the vibration which thrills through the Etheric nervous system causes a change in blood chemistry. This change comes through the glandular system which injects into the bloodstream a chemical which affects the heart. The life thread is anchored in the heart and this chemical starts the process whereby this life thread is separated. It also evokes a reflex action in the brain which causes loss of consciousness and/or coma.

d) Another vibration ensues, whereby the nadis, the electromagnetic filaments penetrating every nerve in our bodies, are separated from the physical aspects of those nerves. The Etheric body is thereby detached from the dense physical body but still interpenetrating it.

There is a pause at this time. This allows the above process to continue in the right timing for the person involved, with the least amount of effort, trauma, and as painlessly as possible. The detachment of the nadis is first evidenced in the eyes. When you are around a person who is dying you will notice that close to the day they take their last breath their eyes change. There is a kind of peace that descends on the person, the resistance to dying goes, and they begin to accept what is happening. This is the time, no matter what the illness, where the person seems to be fully here. It is at this point in the future when all the relatives and friends of that person will be in celebration around them; to celebrate their life together and to wish Godspeed to that person on their journey.

Next, the organized Etheric body, already loosened from the dense physical sheath by the nadis, gathers itself for the final departure. It withdraws from the extremities towards the doorway by which it will exit the physical body. These exits are labelled above. In a person who is dying, as seen from the 3-D plane, all heat from the limbs starts to retreat into the main trunk of the body.

At this point another pull is felt. As the vital body which has animated all of the cells of that body is withdrawn, the being which is the elemental aspect of the Earth calls back unto itself the matter of the physical body. Again, if you are around a person who is dying, this is evidenced by a notable pallor of the skin, which takes on a pale configuration and waxy appearance. At this point the vital body is preparing for exit, and the physical body is preparing for dissolution.

It is here that another pause can occur. It is also here where sometimes the physical elemental of the body in question can resist the process, and tries to retain hold of the disappearing life force which animated it. However, when death is inevitable and is overlighted by the call of the Soul, this pause lasts only for a few moments.

The Etheric body now detaches itself in gradual stages through the chosen exit until its emergence is complete. It is at this point, as we observe the dying person; they take their last physical breath in the 3-D world. Contrary to popular belief, the vital body which has now been released from the physical sheath does not travel to its next port of call. It is still influenced by the physical body, and this influence can persist for a period of up to three days or longer. As has been mentioned above, the vital body, which is the sum total of the person who has died, minus the physical sheath, is still influenced by that physical body. This can most definitely occur if the person who has died has had a very Earthly existence and has been attached to the physical form and physical desires.

Next comes the dissolving of the Etheric body itself. As the pull of the Soul continues, it causes the energies of which the Etheric body is composed to reorganize and withdraw, leaving only the electromagnetic/pranic substance of which the Etheric body was composed to return to the general reservoir of planetary pranic substance.

It is worth noting here that the process of cremation is recommended as a way of severing completely all ties to the physical body. Destroying the physical body by fire is a purification process which severs all connection to the physical body by destroying the Etheric body. For those members of humanity who conduct a lifetime centred on the dense physical, enjoying material pleasures, and

coveting material desires; where the pull of the Soul is weak and material attachment is strong, this connection to the physical body can be overwhelming. If the physical body is not destroyed by fire, the attachment of these beings to the physical body can last for many, many years.

Conversely, the person who has done spiritual work and recognized the illusory nature of attachment to the material plane, will make the above transition very rapidly indeed. In either case, when the person has severed all ties to the physical body, they stand in their subtle bodies ready for what Djwhal Khul, through Alice Bailey, calls "The Art of Elimination".

As has been indicated above, there are three types of human beings in incarnation at the moment. The first is the person who is centred in emotional drama and the astral plane. The second is that person who is heart centred, whose focus is on recognizing that their actions affect others and take responsibility for those actions. The third is the person who has undertaken a spiritual path, who recognizes in consciousness that they are part of a greater life; they are connected to all things as part of that greater life and assume responsibility for that life.

The next part of the process affects each of these three groups differently.

This process is the relinquishing of the astral and mental bodies, so that the recently released incarnated being can once again bathe in the glorious light of their Soul.

In the person whose mind is undeveloped and has been centred in emotional drama, the elimination of the astral body can take a long time. It is done by a process of attrition, by re-living over and over again in the dense matter of the astral plane, all of those attachments to feelings and desires created in the recently required incarnation, until such time as the person in question tires and recognizes the unfulfilment of such desires without connection to a physical body. Most of these desires are created through the animal aspect of the physical body, and without that physical body to feel the desires and experience them all is of no import. It is this recognition which causes the being on the astral plane to finally let go of these desires.

In the person who is heart centred and has developed mentally, the process takes two forms. This person feels their attachment to the mental plane and gravitates to it, letting go in the process of any attachment to emotional desire. Once in the mental body the person becomes aware, at that level, of

the glorious light of their Soul, however dimly it may shine. This awareness of the Soul causes this being to reach out for it, and in doing so shatters the constructed mental body.

In the person who is spiritually orientated, in total consciousness, they focus on two things.

This person clears any attachment to astral matter or thought forms by calling in light from their Soul. It is this light which dissolves any attachment that this being has to the astral plane. Next, this being is given Words of Power by the Master in whose Ashram he is a member. By sounding these Words of Power on the mental plane, it creates a down-pouring of Soul power which causes such an expansion of consciousness that it brings about the shattering of the mental body. That being can now stand free in the Ashram of their Master and bathe in the light of their Soul

At this point, depending on which of the three groups the person is centred in, activities ensue that creates the future path for that person. Again, the mechanics of this is known but is not part of this article.

Some words here about the space that you find yourself in when all connections to the physical body have dropped away. Space and time as we know it no longer exists. A timelessness ensues which brings a clarity unknown to us in this physical incarnation. For those beings polarized in the emotional body they turn their attention totally on that body to work out unfulfilled desires.

For the person who has been heart centred, as the sense of time drops away they see the past, the present, and the future presented in one moment. Both for the being polarized in the emotional body, and being who has been heart centred, and is polarized in the mental body, as the timelessness is recognized, in that moment there is a Soul contact. The whole of the incarnation that being has created is revealed. The three major conditioning factors in that incarnation are presented, and all else drops away and fades out of their memory. It is these three major conditioning factors that dictate the next incarnation that being will take.

In all traditions there is a description of a place we end up when we die. Some call it heaven, various indigenous peoples have other names for it, the Theosophists call it Devachan. In all cases it is a description of a place we go to enjoy the fruits of good deeds. This is a misinterpretation. As the person going through the experience makes that Soul contact, and timelessness is revealed, the eternal Now Moment is presented in all its glory. As we travel through incarnation after incarnation, we

come to recognize that all exists in a single point of infinite glory, beauty, and existence. For the person who has developed heart centeredness and the initiate, the full import of this now moment, is revealed causing an upwelling of ecstatic bliss. As this moment exists out of time as we know it, contacted from the 3-D realm, it appears to be infinite, eternal, without end. This is the heaven that is talked about.

For the spiritual person, the path that leads to death is a familiar one. They have spent a lifetime connecting to the higher planes, recognizing themselves more as Spirit than as the incarnated human being. They have spent many hours in meditation, raising their consciousness to connect with the Divine. They embrace the fact that we have many incarnations in the 3-D realm, and they recall into consciousness the many times that they have died before. Death has no fear for this person, because they know that death is life, and life is death. The death is not an ending but a return home where the glory of their Soul waits with open arms to welcome them back.

They know that the call to return has come for two reasons, either the physical body is no longer capable of holding their consciousness and in some way has worn out, or that their mission in 3-D has finished and they are being recalled to join the Masters on the higher planes. In either case, the person submits gladly to the process and looks forward to meeting old friends again.

As death approaches, the person spends more and more time in meditation. They recall life's lessons and their reaction to them. They search for any attachment to thoughts and desires connected with the 3-D realm, and release those attachments. As they contemplate this lifetime they will start to feel if the path of return is there for them, and they will start to do the work to construct the next body that they will inhabit. They will bend their will to constructing the most perfect physical body that they will need to learn the lessons of the next lifetime; they will imprint on that body all the knowledge of the mysteries that they have learnt in this lifetime.

They tread, through meditation, the path that they will walk when they take their last breath, the process listed above. They will know where they are going and, understanding the process, will walk the path unmolested by any being so that they may end up in the Ashram of their Master.

They recognize that their approaching death is not a separation from their Loved ones, quite the opposite. They know that once they leave the physical body they will be able to connect to their Loved ones in a more powerful way, to know their hopes and fears and to guide them through those.

In this lifetime they have connected to the deeper aspect of every person they have met, and as such, that imprint will accompany them on their journey undisturbed.

When the spiritual person feels the time has come where death is approaching, they gather around themselves the friends they have done spiritual work with in this lifetime. Those that cannot be there in the physical, they ask to be there in essence. They also summon around them all the Beings of Light that have supported them in their spiritual work in this lifetime and ask them to wait for them on the threshold.

I recommend that no more than seven people are needed to hold a space around the bedside as the person prepares to leave. As I mentioned above, it is important the kind of space that is created around a person when they take their last breath. For a spiritual person, music can be played which holds a special significance for that person, and will raise their consciousness to connect to the Divine. The lighting in the room should be predominantly orange, as this greatly enhances the separation of the Etheric body from the physical shell. There should be a candle burning, so that anything that is released in the process of taking the last breath will jump to the flame and be consumed. Again, in Alice Bailey, Djwhal Khul recommends that Sandalwood as a perfume should be burnt to facilitate the separation of the Etheric body. The Master that I associate with the death and dying process is of course Djwhal Khul who is the Tibetan Master, and of course the Tibetans hold the tradition of death and dying. Another recommendation is that Aura Soma sprays can be used around the room and over the bed of the dying person. The obvious choice would be the Djwhal Khul spray.

As the time approaches, the person's friends in the room describe a circle of protection around the space. They summon the Four Mighty Archangels of the four quadrants to stand in those places. They sit in silent meditation as their friend takes their last breath; for those with eyes to see, as the door swings open, they see a Mighty One come forth to welcome their comrade. There is a shift in the space, like a slight breeze passing through the room, and their friend is gone.

It is said that one who does the work will pass through the gates of death in full consciousness, and for their friends who have accompanied them to the door, they will also see the path that they will walk in some future time.

So how do we do a healing for a person who is dying? Well, as we have said above, it is all about attachment. As we have said, by being with the person in the space for three days prior to them taking

their last breath, we can do all in our power to help them connect to the people they need to in order to say their last goodbyes. However, we can also help them through healing.

The kind of healing I have always done is to help that person, through sympathetic resonance, to sever all ties to people, places, or events in that lifetime. This can be done by summoning in the energies of the Archangel Michael, or any other cosmic force which provides a clearing of karmic connections.

We thank, on behalf of the person, the body in which they find themselves, for the service it has done to allow that person to learn the lessons of the 3-D realm.

We contact the Soul of that person and connect it to their consciousness so that it may direct them in the journey they are about to take.

We summon the Angels that guide beings through death, these being the Archangel Azrael, the archetypal forces of Anpu (Anubis), Tehuti (Thoth), Amenta, Hades, Persephone, etc. We also call on that person's Guardian Angel, which has guided them throughout that lifetime.

Such is the power of the service that we can do that I relate the experience I had when I did this for my stepfather when he died. He had died in the hospice in which I had worked, and I had done the work for him as I have described above. However, because of the connection to the physical body which can still be there for three days after taking the last breath, it is vital that we do the healing for those three days. It was, then, that I found myself in the funeral parlour where his body was interred. It was the second day after his death that I had been there to do this service. I did the meditation/healing and as it completed, to my astonishment, I saw him lift out of the physical shell, but what was more extraordinary was that I perceived two other deceased people in the back of the funeral parlour who also left with him.

We have discussed above that this process of seven days of abstraction from the physical form applies to any living thing. The process that we are in at the moment is that the being that we know as Gaia is now abstracting herself from her physical form, which is this 3rd dimensional planet. She is undergoing the process of travelling through her Underworld to be reborn on the 4th dimensional plane. What happens in death to any other being is happening to Gaia. If you think about it, and look at what is happening in the world we are definitely in the process. If you observe any person

who is dying what happens to the physical body? It starts to deteriorate, it starts to show signs of wear, it starts to show signs of falling apart. You only have to look around to see this process in the world at this time.

Not so long ago I read in a newspaper that the Amazon rainforest was known as the lungs of the world. Now it has been re-categorized as one of the worst polluters of the world because of all the destruction of trees by burning. It is one of the worst sources of the hothouse gases which are affecting the weather at this time. It does not take a great jump in consciousness to see the analogy with the disease of the lungs in a human being. What sign is that when the lungs of the world have become bronchitic?

My feeling is, and I have to stress that this is only my opinion, that we are in the three-day process leading up to death, to the last breath of Gaia on the 3rd dimensional plane. In 2012, that magical date is when Gaia will take her last breath on the physical plane. Then for the next three days there will be dissolution of Gaia from the 3rd dimensional plane. I also have to point out here that a day in the life of a planet is not a day as we perceive it. It encompasses a much vaster period of time as we conceive it. It is therefore that I leave the speculation of how long that may be to you.

Again, my feeling is, just as it is the truth for a human being, the body that Gaia will inhabit already exists on the higher dimensional planes. All of the species that appear to have become extinct are now inhabitants on that planet, as are many of the human race who have left recently due to natural and created disasters.

Just as a human being takes seven days to transit to higher dimension, so Gaia is undergoing the same process. I feel that this is what the ascension is truly about. Ascension is about leaving behind an old vehicle, it falls into dissolution, and you are reborn in another vehicle on a higher dimension. It does not strike me, therefore, that the 3rd dimensional Earth is going to be reborn. How can it? We all know that we are transiting into a higher dimension. So this focus on cleansing the Earth, on cleansing this and cleansing that, it's pointless because what is happening is just a natural process. The Earth as a 3rd dimensional being is dying. It is."

The Gift of Healing through Death

At the beginning of this chapter I described how the state of consciousness that someone is in when they take their last breath colours and creates the environment in which they will find themselves on the astral plane. The chakra from which they will exit their consciousness from the body is also dictated by how they are feeling at the time of death. To guide, feel and support someone through the deathing process is probably the profoundest gift that we can give to anyone. It is also a wonderful gift to the person who is supporting them. When death is understood there is no reason why it cannot be celebrated with great joy. Also the opening of the dimensional gate which facilitates the transition brings a beautiful gift to everyone who is present.

Kevin's story of his grandmother's death illustrates the profound gift that healing at this time can bring. His grandmother had lived a very ordinary life. She had no religious or spiritual interest, her life had simply involved work and family. Because all of her focus had been on the mundane material plane her consciousness was destined to leave her physical body through the solar plexus. This would have meant that after the transition she would have created exactly the same reality on the astral plane and reincarnated at some time probably into a very similar reality. Kevin spent the full seven days with her. He spent much of the time in meditation in the way that he has described earlier in this chapter. When it came to her last breath he actually saw her leave through the Crown chakra. Most people spend a lifetime of spiritual work in order to attain a level of consciousness that will allow them to leave the body as an Ascended Master through the Crown chakra. Ever since her death in the early 90s she was around Kevin as one of his guides.

There is no greater gift that we can give and it is so simple.

The Seven Step Process for Healing Someone Through Death.

Step one/completion. The days leading up to someone's last breath are a time for completion. Do everything you can in a practical way to enable them to do this. Follow what seems important to them. It may be simply paying a bill or spending time with a relative or friend. If it is important to them then it is a step towards completion. In the days and weeks leading up to the last breath people are often very open to forgive and forget old wounds. Enabling someone to do this is a great service. It is worthwhile gently encouraging them to do this. Do everything practically possible to enable them to connect with family and friends especially those that they may not have seen for some time and some completion of forgiveness needs to take place. It may be that they want to talk about part of

their life, so just being a good listener is all that is needed. Any karma that is not worked out will hang over to the next lifetime.

Step two/letting go of hopes and wishes. Part of the completion process is encouraging the person to let go. It may be that they cannot complete certain things in this lifetime, so encouragement and reassurance that enables them to let go of the desire is of great support. Examples are that they may have always wanted to write a book or travel to Australia etc. Many people find it difficult to let go of their Loved ones because they perceive (and this is a very powerful erroneous idea that is perpetuated) that they will be separated from the ones that they Love after they have taken the last breath. They will not. They will still feel a connection to everyone they know. They are simply dropping the physical body and not going anywhere. Yes the ones still in incarnation will feel the grief of separation of the presence, physically, of the person. I am not suggesting that one hides one's grief or pretends that is going to be okay, but we can reassure the person who is leaving the incarnation that we will be alright and that they will reunite with other friends and family, perhaps even Masters and Angels, once they have left the incarnation. People often see "dead" relatives during the few days leading up to their departure. These are real and have come to collect them. It will always be someone that they have had a deep connection with in the past. Reassure the person who is dying that they will not be alone.

Step three/surrounding them in Love. Hold the space of Love and support around the person who is leaving the incarnation. How they feel just before will be how they feel when their breath is no longer in the body. Children usually deal very well with someone who is dying and can often bring joy and playfulness to the bedside. Yes they will grieve if someone close dies, but it has been shown that they cope better if they have had contact with the person and understand and share in the process.

Step four/the room. There are certain practical things that enable an easy transition into spirits. These are flowers in the room, incense, especially frankincense, a candle, orange tinted light, Homoeopathic remedies and flower essences.

Step five/prayer, healing and meditation. One does not have to have been attuned to a healing system in order to be able to work with the Angels and Masters. Simply asking for their presence will cause them to be there. Call in whatever energy or being most resonates with you. Don't doubt that they will be there whether you feel them or not. Archangel Michael is often invoked as he is the Angel that cuts ties with the past. Dwjhal Khul is the Master most associated with the death in process. He brings Love and healing and often accompanies those who have connected with him as they transit

into spirit. Other beings that can be invoked are Sokar the Egyptian god of new cycles or Anubis who accompanies the dead. Just sitting in meditation creates a very good space. If you have not meditated before, don't worry, just sit still and peacefully and feel Love in the whole space around you. It is important to speak lovingly about the person. Even though they may seem to be in a coma because their ability to hear is very acute and they will register conversations that are held around them.

Step six/releasing the physical body. The physical body has the consciousness and part of the struggle in the few days before someone takes their last breath can be the unwillingness of the diva of the body to let go of the person who has inhabited that body for so long. Simply thanking the physical body, the intelligence and consciousness of that body can be of great help. Ask Archangel Michael to lovingly cut all ties between the person and their physical body. Remember they are not their physical body and never have been. It is simply been a vehicle. It is best to touch the physical body as little as possible after the last breath as this can anchor the connection back to the physical again.

Step seven/releasing the spirit. The actual extraction of the person from the physical body takes seven days with the fourth day being the one on which they take the last breath. The fact that the person has stopped breathing does not mean that they have disconnected in consciousness from the physical body. In the UK we are fortunate in that we often have time after the day of the last breath to be with the person. Simply continuing to hold the loving space and asking for helpers, guides and Angels to support them on their way.

Those Left behind

There is a grieving process and it is important to know and embrace this and not push it to one side. I believe it is also important to get support during this time. As an incarnated personality we miss the human contact. Any belief that we have lost this person or that they have gone somewhere unnecessarily increases the sense of loss. This belief also makes it more difficult and sometimes impossible for the person who has left their physical body to make contact with us. Knowing that they have not gone anywhere and that they have simply released physicality and that they remain around us as a consciousness makes it possible for them to relate to us. This can happen in a number of ways. You may feel a light tingling or a sensation as if a feather is touching you. They may also create signs that they are around. The most frequent signs that Kevin uses are car number plates and feathers. When I rented a car about three months after he had died, the man processing my rental agreement did not just pass me some keys and tell me where to find the car. For some reason he hesitated and then said that he knew which car I needed to have. He went out of the office to find this car and when

he brought it to me I noticed that the number plate virtually spelt KEV 1 N. Just the other day when I went out to sit on the balcony of our bedroom, right in the middle of Kevin's chair there was a feather. Every time that I lost sight that he is still here and got caught up in the emotions of missing him he sends me a message. I might get an e-mail from the most unexpected people telling me that Kevin had given them a message for me. One, for example, was from a Greek guy who I had never met. We will not get these messages or understand the signs if we believe that the person who has died is not around us anymore.