



The Death The Great Adventure

The Consciousness of Immortality

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Sources:

Helena P. Blavatsky

Alice A. Bailey

Sogyal Rinpoche

Books:

- The Death, The Great Adventure
- From Bethlehem to Calvary
- Ponder on this
- Cosmic Fire
- White Magic
- Rays & Initiations
- The Secret Doctrine
- Mahatma letters
- The Tibetan Book of Life and Dying

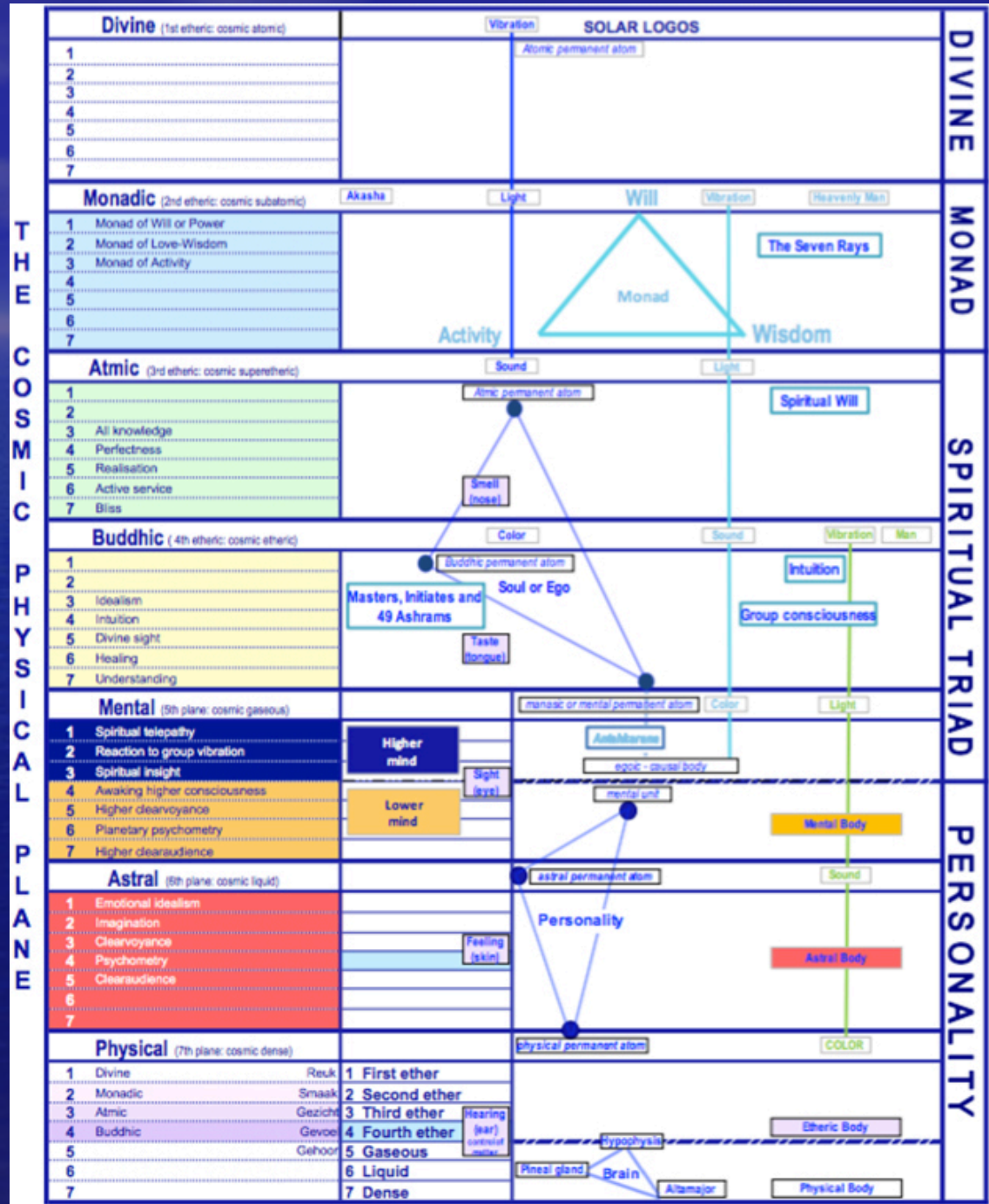
Subjects

- Constitution of man
- Process of dying according to Alice A.Bailey
- The Bardos according to Sogyal Rinpoche
- Process after death
- Training to Continuity - Awareness
- New law for advanced
- Resume

Terms:

<i>Spirit:</i>	Astral body and, on the higher turn of the spiral: the Monad.
<i>Soul:</i>	Neither Spirit nor matter, the connection between mind and matter.
<i>Master of Wisdom:</i>	Man or Woman, the Fully Reached, or: All Knowledge.
<i>Spiritual Hierarchy:</i>	Group of Masters of Wisdom
<i>The Christ:</i>	Head of the Hierarchy: the office
<i>Ashram:</i>	A department of the Hierarchy, under the leadership of a Master.

The Constitution of Man



Principle of Liberation

- Death refers to the **withdrawal** from the physical, astral and mental bodies.
- It is the **struggle** between **forces**.
- The field of conflict is the **etheric** and **physical** body. There are no energies entering **from outside**.
- The loss of **will-to-life**.

The fear of death is based on:

- **Anxiety** for the final processes of death.
- Hate for the **unknown** and the **inexplicable**.
- **Doubt** of real immortality.
- Grief about **leaving** loved ones or about being left behind.
- **Old reactions** to earlier, violent ways of dying, deep in the subconscious mind.
- The clinging to and the identification with the **morphologic life**.
- Old and wrong teachings about **Heaven** and **Hell**.

Causes of evil

- Death as a result of surrounding **circumstances** for which man is not or sometimes liable.
- Accidents due to personal **negligence**
- Group incidents: the carelessness of other people etc.
- **Epidemics:** Illnesses due to bad food
- **Heredity.**

Consequences of fear

- The instinct of **self-preservation** is rooted in a congenital fear of death.
- Due to this fear, the road is fought for a longer **life span** and greater stamina.
- Current **medical science** has arisen from this fear. Scientific research is part of the Divine Plan.
- Everything is aimed at the **survival** of the individual and the protection of living conditions.

Fear of death will disappear

- **Continuous awareness** - working in two areas - the old fear will disappear.
- Trance - mediumship becomes **aware mediumship** or the mediator between higher and lower areas (see scheme).
- I.e. work in the astral realm with an active physical **brain** as an **intermediary**.
- Being in and out of incarnation, will form one whole.

Points of decisive withdrawal

- The **Head**: for Disciples, Insiders and advanced mental types (**thread of consciousness**).
- The **Heart**: for aspirants, people of good will and for those with a certain **personality-integration**.
- The **Solar Plexus** for emotionally oriented people and undeveloped ones.

The Art of Eliminating

- **1st stage** - The life force in the **etheric body** differs into elements to be scattered. The objective human being disappears.
- **2nd stage** - the life force goes out of the ethereal vehicle and this is becoming **lifeless**.
- **3rd stage** - life force is extracted from the **astral** vehicle.
- **4th stage** - the withdrawal from the **mental** body.

The subjective response to the dying process

- The release of the **nadis** begins with the **eyes**. Short or longer breaks to make the release process as smooth and painless as possible. Dying are usually in a state of peace and willingness to go.
- The consciousness gradually retreats into the astral and mental body, before the etheric body has been abstracted.
- An advanced person retains his interest and **awareness** to **others**, even while losing the grip on the physical body.

The subjective and objective responses to the dying process

- The soul speaks a "word of **withdrawal**".
- The **nadis** (nervous system) respond to the soul's appeal.
- The **glands** respond to the call and bring a substance into the **bloodstream** which then acts on the **heart** (life wire).
- Psychic vibration is created, with the result that the **connection** between the nadis and nervous system is detached and separated from the **coarse-physical** body.

Bardos according to Sogyal Rinpoche

Tibetan Buddhism Bardo

Bar do means: between **two stages**, or **transition stage**.

However, Tibetan Buddhism has six **Bardos**:

- Intermediate of life
- Intermediate of the dream state
- Intermediate of meditation
- Intermediate of the dying process
- Intermediate of post-mortem status
- Intermediate of Reality
- Intermediate of the search for rebirth

The Process of Dying

Water - astral

- Water element - **emotions**
- Loss of control over **body fluids**
- **Varying** feelings of pain, well-being, heat, cold, blurredness, dissatisfaction and nervousness
- **Hidden sign:** mist with swirling smokers

The Process of Dying

Earth - physical

- Earth element, physical, **skin**.
- Getting **sallow**
- Dark **spots** on teeth
- **Eyes** open difficultly
- Regular loss of **consciousness**
- **Hidden sign**: A glittering Fata-morgana occurs.

Process of Dying Fire - observation

- **Body heat draws away** from the feet and hands to the heart.
- Steamy **heat** rises to the **crown**.
- **No longer** being able to **eat** or digest.
- Visual **perception** and sound **confused** - no recognition of family.
- **Hidden sign**: flickering red sparks like fireflies dancing above the fire.

Process of Dying

Air element: intellect

- Cannot move anymore.
- No longer being aware of the outside world.
- Beginning of hallucinations and visions, depending on positive or negative life.
- Air element dissolves in consciousness.
- Hidden sign: A vision of flaming torch or lamp with red glow.

Process of Dying

Air element

- The channel of **life** is drawn into the **heart**.
- **Three drops of blood** accumulate one after the other and cause **3 long last exhalations**.
- Then the breath **stops** and that is the moment of **clinical death**.

Inner solution

- Process of dying in **reverse** order.
- The **core** of the **Father** in the **crown chakra**.
- **External** sign: whiteness - **inner** sign: Appearance White essence - goes down into the **heart**.
- The essence of the **mother** in the coccyx-centre rises up to the heart.
- **External** sign: **redness** of an autumn sky - **inner** sign: **Great Bliss**.

Inner solution

- This experience is the meeting of **Heaven and Earth**.
- The original state of consciousness - **monad source**.
- **External sign**: The blackness like a heaven - empty - fully shrouded in darkness.
- **Inner Experience**: Fully Reaching, or All Knowledge - The Real Source of All Consciousness

Everything is about recognition

- If we do **not recognize** this fusion of Father-Spirit and Mother-dust, we are **instinctively** drawn to the weaker lights of the **lower regions**.
- We are coming to the **Bardo of Becoming**.

The Bardo of Becoming 1

- Most people will experience death as sinking into a state of **oblivion**.
- This Bardo is the period between **death** and **rebirth**.
- The **spirit (astral)** is central.
- In the first few weeks, we do **not** realize that we are dead and that as a result we have no contact with the man or woman we **left behind**.
- We seek **contact** with family or friends, but do not realize we **cannot touch** them or **talk** with them.

The Bardo of Becoming 2

- Struggle about the deceased's possession, anguish, gives sorrow and a sense of **powerlessness**.
- If we are **attached** to our bodies, we will try to enter someone or to hang around.
- **Sounds** cause aggression, and desire and ignorance are terrifying.
- If our life was generally **positive**, our **experience** will be mixed with **bliss** and happiness.

The Bardo of Becoming 3

- If we have **injured or harmed others**, we will experience **pain**, sadness and fear.
- The entire bardo of becoming has an average duration of 49 days and a minimum of one week.
- During the first 21 days, there is a **realization** of the **past life** and this is the best time for the living to help the dead.
- We will stay there until the connection with the **next incarnation** is made.
- **Imagination**: Departure hall of an airport or station hall.

The Judgement

- Eventually, every judgment takes place **within ourselves**.
- We are the **judge** and the **suspect** (from research into near-death experiences by Raymond Moody).
- Buddhism knows this concept by means of **white and black pebbles** laid next to each other and the law of **karma** pronounces **judgment**.

Devachan

- The **stage** where man comes **after** eliminating the **mental capacity**.
- The stage of **continuous consciousness** or soul consciousness, one is aware of past, present and future.
- The continuous consciousness that can be experienced **during life** as well.
- The **4th sub plane** of the **mental** area.

Training until continuous Consciousness

- Keeping focused by means of **meditation** and **visualization**, even in daily circumstances.
- Heart-service (service without the desire of favour in return) instead of emotional approach. The influence of the solar plexus must be eliminated.
- When going to sleep, withdraw consciousness in the head. Continue **observing** all processes when going to sleep. Learn experiencing the transition from physical to astral area consciously.
- **Technique** of **dying** will be facilitated hereby.

New law for advanced people

- In an **early stage** of discipleship - stages of moderate disease, followed by a peaceful death.
- Until the stage comes where death takes place through an **act of will**.
- Time and manner are determined by the **soul**, and they are **consciously** recorded in the **brain**.
- When **disintegration** with the **form** stops, pain, sickness and death lose their grip on the disciple.

Resume

- Causes of **fear** of death.
- Experiences from the **past**.
- Everything is focused on the **survival** of the individual and the protection of living conditions.
- **Medical** science **maintains** this.
- **Knowledge** of the dying process and the **post-mortem process** can remove fear.
- Living **in and out of incarnation** are basically **the same**.
- Important: **Experiences during physical incarnation through meditation or by reading and thinking about it.**
- Future: **continuous - awareness** for most of humanity.

Source listing

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- **The Rays and the Initiations** - Alice A. Bailey and the Tibetan, Master Djwhal Khul - 1st edition - (A treatise on the seven rays; Part V) - Lucis Trust New York/Geneva/London.
- **A Treatise on White Magic** - The path of the disciple - Alice A. Bailey and the Tibetan, Master Djwhal Khul - Lucis Trust New York/Geneva/London.
- **The Secret Doctrine** - Helena P. Blavatsky - In Memoriam W.B. Fricke, edition – 1931 Theosophical University Press, Pasedena, Den Haag, München
- **The Mahatma Letters to A.P. Sinnett** - Theosophical University Press, Pasedena, Den Haag, München
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