

DEATH MEDITATIONS

You may find it helpful to familiarize yourself with all these meditations before you choose a couple to try. If you are going to use them to coach others, it would be advisable to practice all of them yourself. With a wider range of experiences, you will be better equipped to meet individual needs. Whether you are using the visualization for yourself or someone else, it is advisable to tape your voice saying the visualization, allowing the participant to fully engage in the experience. You may also want to make the visualization personal, like using the person's name or other words that they can relate to.

MEDITATION ON DEATH —

Nov. 2, 1986 in Los Angeles.

“... a day will come when you will drop your body. You will know that day. You call it ‘death.’ We call it ‘going home’ ... It is a conscious action. Unconscious death will give the rebirth right here. Subconscious death will take you through 8.4 million cycles of death and breath and then you come out to whatever you thought of subconsciously. What you call ‘Nirvana’, ‘Jiwan Mukht’, etc., it’s all a very simple process.”

- YB

The night before, set an extra alarm for 15-20 minutes later than your original wake-up time or set the snooze alarm. When your usual alarm goes off, follow these ten steps:

1. Don't get up. Say **“Wahe Guru.”**
2. Lie in Corpse Pose (flat on your back with the arms next to your sides and the palms up). Consciously die.
3. Relate to your soul.
4. Decorate your subtle body with the mantra “Wahe Guru,” as you would decorate the Palki Sahib with flowers (a covered carriage for the Sikh scriptures or Guru, which has four poles, one on each corner, to allow the sangat or congregation to carry it).



“In forty days, it will become a habit; in ninety days it will give you little bit of mastery; in hundred twenty days it will become your subconscious habit; and then if you keep on doing it every day, you will start changing and everything around you will start changing. ...Carry it through that to the heavenly abode of the Nirankar God and when you reach the formless, then come back to the form. Each day you shall purify yourself or to the state of ecstasy. ...You can also extend up to three to six months, so you may never forget it at the time of death. “

-YB

“Be efficient, efficient enough to master the death or the fear of death, so that you can live forever. That is the purpose of life. In all spheres of the known and the unknown, the purpose of human life is to master yourself to the extent that you can go above time and space. When you can go above time and space, you can live forever, because then time and space cannot touch you.”

- The Library of Teachings,
August 4, 1979

5. Make a Palki of it - walk and chant.
6. Carry it yourself to the Infinity of God.
7. Settle there, purify yourself and enjoy the ecstasy. You will know the unknown. It is called drivadrusti.
8. Then with the speed of one utterance of the word, Wahe Guru, come back into your body. First, you are in a formless place, but you must not stay there; you must come back into the earthly place or form. This will give you mastery over time.



9. Next, come into Dhandwaat Praanaam: lie flat on your stomach, heels together, palms in prayer pose, arms outstretched in front of you, and thank God. This will give you mastery over space.
10. Start your day.