

DEATH EXERCISES

1) Write down what you expect to experience after death.

Make a list of your positive beliefs of the benefits of death.

Carefully search your mind and come up with at least ten answers that are true for you. Some common examples follow here: The end of conflict; Heaven or union with God; reunion with loved ones; etc.

2) Now ask yourself this: If you had the chance to die today, would you take it?

3) If not, why not?

If death offers so many apparent benefits that life does not, why would we not commit suicide today? If death seems to deliver so much more than life, *why are we so fearful of death?* And yes, whatever our conscious attitudes toward it, we do fear death. To the degree we independently attempt to “save our life” from sickness, pain, loss, betrayal, scarcity or any other ill, reveals the extent to which we unconsciously fear death.

4) Now make a second list.

With radical self-honesty, write down all your concerns and fears about dying. What will you lose or sacrifice in death?

5) Place your two lists together.

Look at these side-by-side statements of positive beliefs about death, and fears about death. Can you see a split in your mind? Can you help but notice a contradiction here? Death is the ego's favorite form of propaganda. It sells us the concept of death by gift-wrapping the experience. Yet most of us also fear death, which causes our unconscious attraction *to* it.

All adversity, including sickness and death, is sold to us through the ego's storehouse of contradictions and lies. If we hoard these unconscious ego grenades, they will eventually detonate. We must raise all hidden ego contradictions to the light of Spirit, willingly exchanging them for the miracle.

6) Have you believed God is responsible for setting the time of your death?

7) What have you believed are some typical causes of death?

List at least 5-10 of your beliefs. Review your list, and ask yourself: “what is the single cause of death?” If you still believe the cause lies in the body through disease, accidents or aging, you cannot heal the real cause, which is guilt.

8) What would you stand to lose if there were no physical death?

A few examples: rest; peace; freedom from ego; etc.

9) What would you have to give-up...

- a) if there were no sickness?
- b) if there were no emotional or physical pain?
- c) if there were no betrayal?
- d) if there were no loss?
- e) if there were no conflict?
- f) if there were no scarcity?
- g) if there were no physical death?

10) What would you have to face if there were no physical death?

11) Do any fears arise from these questions? If so, what are they?

12) Take note of all the ego's concerns and fears you have exposed.

Be willing to do the Atonement process to forgive each one, allowing you to release them in exchange for the miracle. This will enable real healing.

From *The End of Death* by Nouk Sanchez ©2014