Stop Fearing Death

The nonexistent controversy

From what one reads or hears in the popular press, the debate about life after death may appear to be a controversial topic in many countries. But the facts suggest the opposite. According to a Pew Research Center Global Survey (across 36-countries, representing diverse global populations,) a median of 64% of adults believe in life after death (ranging globally from 38% to 85%). A General Social Survey conducted in 2024 reported that roughly 82.4% of Americans express a belief in life after death, showing an upward trend from around 76.3% in the early 1970s. From this one can say that any controversy on the subject, must be limited to a minority segment in most countries.

Even in European countries that generally recorded the lowest levels of traditional afterlife belief, this subject is personal, and few engage in public debates on the matter. This begs the question: *"If the majority of humanity believe in an existence of life after death, what is the source of this controversy that we read about or hear?"*.

The answer lies in the clash among the frameworks of science, philosophy, and psychology on the subject versus personal experiences. These disciplines are unable to prove or refute personal opinions or experiences. Thus, the controversy is really within academic disciplines that are grappling with how to arrive at *a concrete ruling* on the subject using the tools of their trade, i.e., their intellect.

This, in itself, is not a bad thing. It is the path of development. History shows the same path - hypothesis, conjecture, theories, and testing - to arrive at concrete proof. But in the past, these activities occurred within the disciplines, without the public's involvement or awareness. Only the final consensual ruling, stated in the form of laws or principles, were eventually made public, and the benefits demonstrated. Meanwhile, the public continued living their lives, applying the traditional methods, and guiding principles to which they were accustomed.

Unfortunately, in our modern information age, there is the tendency for opinions on unfolding subjects to be expressed prematurely in the public domain, giving the impression that resulting controversy among practitioners is widespread in society.

The presented polling data appears to confirm this fact.

Application of wrong tools in investigation

Regarding the academic controversy, it should be stated that attempting to use material tools to investigate the non-material is not likely to yield any results, because of the incompatibility of the tool and the arena of the subject. Not even the reasoning faculty of the brain can help, because the brain too is a finite product of the physical body, which cannot exist, perform or comprehend anything beyond the framework of its design. Death brings an end to the existence of the body and all its tools.

Intrinsic sensing of the nonmaterial essence of man

Everyone, even the very few who do not believe in life after death, know or sense that there is a part of their being that is nonphysical, regardless of whether we call this essence, emotion (psyche), soul, or spirit.

Although our emotion cannot be measured with instruments, the discipline of Psychology has made great strides in establishing its existence and acceptance as a recognized field of scientific study . Perhaps in time, the same will happen in the outlying fields that are today still trying to understand and shed more light on the soul or spirit.

Several distinct movements and research fields are today looking into the phenomenon of life after death, differently than through purely religious lenses. Briefly, their focus of study are as follows:

Parapsychology: investigating anomalous psychic phenomena, including mediumship, reincarnation claims, and apparitions.

Spiritualism: specifically endeavors to demonstrate that the spirits of the dead can communicate with the living, and in doing so hope to treat mediumship and seances as a form of *scientific demonstration*.

Theosophy & Anthroposophy: studying the afterlife, the evolution of the soul, and reincarnation through a systematic, structured cosmic philosophy

Emerging consensus

Two common messages emerging from these different areas of investigation are:

1) Death is a seamless transition of the non-material essence of the human being into another dimension.
2) The state of the inner essence (soul or spirit) determines the nature of its existence in the dimension into which it will transition.

These messages/findings are consistent with the scientific **law of conservation of energy** which states that

1) *energy cannot be created or destroyed, only transformed, or transferred from one form to another.* Thus, the essence that we call **spirit or soul** is likewise a form of cosmic energy that continues to exist in one form or another.
2) *the present state of energy directly determines its next state through conversion and transfer, though the **total amount** of energy remains constant*. Likewise, the type of existence that a soul/spirit will experience in the dimension into which it transitions will be determined, by its state at the time of transition, or death.

From these two findings alone, it becomes evident that our inner core is also subject to a law, or principle, similar to the physically recognized law of conservation of energy. Thus, this law of science must be a manifestation of a greater overarching law that applies across dimensions seen and unseen.

So why the fear of Death?

Seen from this perspective, the fear of death is irrational because energy (our spirit or inner essence) cannot die. As established, according to the law of conservation of energy, the spirit, which is a form of energy too, must surely exist in another form in a different dimension after it has transitioned from this earth. Yet many believers in life after death still fear death. Ironically, the same person who may be afraid of death, seldom wonders about their existence before birth. Yet according to the law of conservation of energy, our spirit (energy) must have existed in a form before it transitioned on to this dimension called Earth. Even if the question crosses our mind, it is not accompanied by the same fear and dread as when we think about death.

So, are people afraid of death, or reluctant to discuss it because they struggle with picturing what life would be like after physical death? Or is it because at their core, many remain unconvinced that there truly is life after death? Or are they afraid they could end up in hell to suffer eternity for their life's sins?

Though this may be irrational, based on the laws that govern existence, one can see the logic in this behavior or mind-set.

Therefore, let us now try to gain insight into other dimensions of existence, since this may help paint a picture of the nature of activities, or possible state of existence after death.

Dimensions of Existence

As stated earlier, the Law of conservation of energy establishes a rational basis for belief in other planes of existence. And these planes must be as real as the material world of the Earth is to its dwellers. Just because our eyes and ears cannot perceive these other planes does not discount their existence. For example, before the invention of the microscope, man had no knowledge of the unseen organisms (e.g., germs) and the particles (atoms) that make up all of matter.

Today there are numerous books and articles recounting near-death experiences as well as messages received from souls in the beyond.

Many of these accounts paint a similar picture of the afterlife. Their common features are:

- There are usually Spirits in the beyond waiting at the threshold of the transition point between Earth and the next invisible dimension to guide the departing spirit that is gradually moving away from its discarded dying body towards its next plane of existence.
- Depending on how one has lived their life on earth, their next plane of existence may be one of continuing joyful activity, or one in which they have to experience, on themselves,

the nature of their preferred/chosen way of life while on Earth. If that way of life was one that brought suffering on others, they get to experience the way of life and the suffering on themselves. This being the only mechanism by which such spirits can learn to hopefully see the error of such ways, through their own painful experience of that which they intentionally or carelessly inflicted on others.

- Such planes of regenerative experiencing, which the religious have described as Hell, are not places of eternal condemnation and suffering. Rather, they are places where, through our experience, we are given the opportunity to recognize how our ways cause pain, and hopefully, through this experience, choose to rid ourselves of those evil traits.
- We are also learning from these accounts and messages that unexercised evil traits can still lead to a plane of suffering, because ultimately, the purgation that Hell offers is aimed at the trait itself, and not just the external acts.
- The time spent in the so-called Hell is based on how quickly a person comes to the recognition of their evil trait. As soon as a spirit has come to full recognition and resolves to purge itself of the trait, the inner change of condition automatically releases them from that environment. Allowing them to be guided again by Spirits at the transition point to the next plane of activity.
- Thus, Hell is not a pit of fire and brimstone into which a "bad person" is eternally condemned, as portrayed by most religions.

"The Grail Message" of Abd-Ru-Shin is a new source of Spiritual knowledge that contains the most complete description of these planes of existence. It also provides detailed insights into all the workings of the laws of Creation that govern every activity that affects the human spirit.

Regarding the importance of how we spend our time on Earth, the author says, in the lecture titled Death in Volume I of "In The Light of Truth (The Grail Message)" by Abd-Ru-Shin:

"It is doubly sad, yes even ten-fold so, for those who spend this time of mercy which every earth-life represents in frivolous deception, as if it were a drunken revel. Many there are who have every reason for alarm and apprehension! The case is quite different with those who have not wasted their existence on earth but who, although at a late hour yet still in time and not impelled by fear and anxiety, have set out on the road to spiritual ascent. They will take their serious seeking over with them as a staff and support in the Ethereal World. Without fear and anxiety they can venture to take the step from the Gross Material World into the Ethereal World which is inevitable for everyone, because all that is transient, such as the physical body, must sooner or later perish again! They may welcome the hour of this release, for it means definite progress for them, no matter what they have to experience in the ethereal life! Their good experiences will then bring them happiness and the evil ones will be made surprisingly easy, for their good volition will help them in this far more powerfully than they ever dreamed.

Stop Fearing Death

Perhaps the most important revelation for modern man, is what Abd-Ru-Shin has to say in The Grail Message, about our present attitude in the way we live our lives. He explains and warns that:

The serious longing for Truth and Light will, by virtue of the change it works in him, make each person spiritually purer and thus more luminous, so that this condition must naturally detach him more and more from dense matter, and drive him upwards in proportion to his purity and lightness.

However, he who believes only in matter keeps himself bound to matter by his conviction, remaining chained to it, and thus cannot be driven upwards. Through a decision personally desired by each individual, a separation therefore takes place between those striving towards the Light and those connected with the Darkness, in accordance with the existing natural Laws of Spiritual Gravitation.

Thus it becomes clear that one day there will be a definite end also to the possibility of development through the purification-process in the so-called beyond for those who have departed this earth. A final decision! Men in both worlds will either be so far ennobled that they can be uplifted to the Regions of Light, or they will remain bound in their base nature through their own volition and thereby be finally hurled down into "eternal damnation". This means that together with matter, from which they cannot detach themselves, they will be drawn towards disintegration, will themselves suffer painful disintegration, and therewith cease to be personal.

They will be scattered like chaff in the wind, crumbled to dust and thereby erased from the Golden Book of Life!

Hence this so-called "Last Judgment", that is, the Final Judgment, is likewise a happening which through the operation of the Laws upholding Creation takes place in an absolutely natural manner, and in such a way that it could not be otherwise. Here, too, man always receives only the fruits of what he himself has willed, that is to say, what he himself brings about through his conviction.

"The Grail Message", by Abd-Ru-Shin, Volume I, 13. The World

It is understandable, on hearing this new concept of the Final Judgement, and its consequence for the spirit that , one's immediate reaction may be to recoil. This being out of fear for the nonnegotiable and impersonal nature of the mechanism described. Preferring instead to cling to the more comforting idea of an all forgiving and ever tolerant GOD, presented by religion and modern social thought. A GOD with whom one could plead for clemency, without demanding for change in the spirit's condition. Or, to simply reject the idea, for no rational basis than simply a personal rejection.

But, our daily experiences, and history, show that man is a creature of creation. As such, we automatically suffer the consequences when we place ourselves in opposition to their laws. For

example, we will fall and suffer the consequences when we go against the law of gravity. This impartial law affects the innocent child and the fully knowing and mature adult. Thus, the activities of the laws of creation are not influenced by human opinion or wishes, but by our willful actions and traits. Therefore, like all creatures in creation, our spirit too must comply with the principles that operate in creation or face the consequences.

As science has already discovered, planets and other bodies in the known universe go through their own cycle of birth, formation, and eventual dissolution into the primeval elements from which they are constituted. The phenomena called black holes, which serve as the disintegration mechanism, are reported to be so dense that even Light energy (radiant electromagnetic energy) or photons which are considered the "lightest" form of energy in a literal physical sense in our known universe, cannot escape from their crushing pressure. That being the case, one can easily understand that as a person increasingly aligns with material pursuits, his personality will assume a heavier density. One that approaches the finest of the energy form in the known physical universe. The increased density of the spirit weight results in its inability to rise beyond the finest material dimension to which it has confined itself.

When the material dimension to which the spirit by its own choices and resulting spiritual gravity is confined, in accordance with the law governing the cycle of formation and disintegration of celestial bodies, it proceeds into its own disintegration, every form associated with it is simultaneously dragged into disintegration. For the spirit, it means the disintegration of the form which harbored its personality. Thus, releasing the pure spiritual energy into its primeval formless and unconscious state. Just as happens to the atomic structures of the once formed physical celestial body.

The objective reader would have to admit that if this fate befalls any spirit, the so-called victim brought it upon themselves. This is not victim blaming, but a simple and objective statement of fact. It is not the action of a merciless GOD. On the contrary, it is evidence of a capricious and stubborn self-willed refusal by the spirit to change from pursuits that are detrimental to itself and the environment. The spirit has chosen this path, in spite of ample spiritual help that is given to mankind through messages and warnings, as well as the numerous opportunities for regeneration, which many others took to redeem and rid themselves of spiritually heavy negative traits.

This also demonstrates to the objective listeners that not even The Creator can go against the laws which he has woven into the fabric of Creation. All creatures, especially the spirits are always given the tools and knowledge and ample time to understand these laws and use them to their benefit. The numerous regenerative opportunities offered to the spirit are also evidence of the desire and hope that we will learn the error of our ways to change inwardly to then rise into higher and lighter regions beyond the circle of material disintegration. If a spirit fails to do so, the laws continue to take effect, and no rational person can describe the end result as arbitrary or callous. Rather, full responsibility lies with the recalcitrant spirit.

Conclusion

Hopefully, the foregoing has established that, for the majority of people on earth, the issue is not a question of whether there is life after death. Rather the fear associated with death had to do with ignorance about what happens after death, or the horrific images of hell and eternal damnation awaiting us for even the slightest of infractions, as declared by religious authorities.

Information emerging from new investigations into life after death, are painting a quite different picture. They are showing that

1) the after life is similar in many respects to the life we live here, in that our inner essence, the spirit, will continue to exist, essentially same as it did on earth, though in different dimensions, with different enhanced capabilities.
2) While some will immediately be able to harness these enhanced capacities after their transition from Earth , others will have to go through a process of self-purification which we call Hell. And this is to help them rid themselves of traits that will make it impossible to access the immense power now available outside of the plane of Earthly existence.
3) all of our experiences, regardless of whether they are one of joy or suffering, are lovingly given to us as opportunities to rid ourselves of those traits that are preventing us from harnessing the full potential of the spirit.
4) Full access to the immense power is only allowed to spirits that have attained a certain level of maturity, to use this power responsibly for the greater good of everyone, and to foster harmonious upbuilding.

From this perspective, it is irrational to fear death. Indeed, some who are spiritually advanced look forward to their death. They see it as not only unavoidable, but as the gateway to a more enlightened and joyous field of activity with greater possibilities.

Such people eagerly await death with longing. And they do so while still remaining fully active, working, living, and facing all the challenges that Earth life may present to them, without any thought of taking steps to abruptly end their life, so as to move into the anticipated glorious new state. They know that an act or thought of suicide is evidence of a grievous trait, for which one would have to experience the painful consequences, in a hell of its own purgation.

The contrast of seeking to prolong life by any means, beyond its established time on earth, is also a trait for which a person will face its own consequences. We refer here only to situations where the organs of a body have deteriorated to the point where they cannot maintain their function without mechanical input, not just as temporary support. At this stage most spirits are ready to depart but are still kept tied to the body by such means. Some, however, through excessive fear may not want to let go and may seek to prolong their life for a brief period by enduring operations or taking medication that make that extra time on Earth painful and miserable. But we know that life on Earth will inevitably end. Therefore, such prolongation of life is only preventing the spirit from making the necessary transition into the afterlife. Unfortunately, Ill-informed family and

medical professionals may encourage such actions. But again, regardless of man's thinking, these acts have spiritual consequences governed by inviolable spiritual laws.

It should be stressed that the forgoing does not apply to medical measures that have the potential to lead to full recovery of a person, enabling the Spirit to continue to experience what it needs before the time for its transition into the afterlife

Final word

How, or what can one do to begin to effectively overcome a fear of death?

Perhaps one can start by emulating the people of the country of Bhutan, where it is said that they think about death multiple times a day. But their thinking about the afterlife is not just about visualizing what it will be like in the beyond. Rather, it is done as a daily assessment of how one's actions during the day could affect the afterlife. By doing so, they are more mindful of not succumbing to acts that in harming others will naturally lead to their own painful experience in the afterlife. Thereby delaying their ability to move into a more enhanced joyful activity in the next life, of which many in Bhutan are aware, and consciously aspire towards.

Through cultivating this habit, one will:

1) stop worrying about trivial things,
2) begin to treat others with more understanding,
3) choose to live meaningfully now, in recognition that every act lays the foundation for the future,
4) not postpone doing what can lead to overall wellbeing.

These are also the traits of the spiritually mature, who look forward, in joyful longing, for their transition from this life to the afterlife.

In closing, it should be acknowledged that it is natural for both the departed and those left behind to feel a sense of loss. But the feeling of loss is different from fear. The loss is simply the gap that will be felt. But with the right attitude toward death, even this loss will be endured in the certainty that loved ones will meet again in the afterlife. This will occur immediately if the loved-ones swing at the same spiritual frequency. Otherwise, the reunion will be postponed until the one who has to go through a regenerative process will have rid themselves of the trait that is hindering the reunion. And this will automatically occur as soon as they swing once again at the same frequency.