

How To Die And Survive: Book Three

**Key Insights, Messages, And
Collected How To Die And Survive
Concepts, Processes, and Exercises
For Living, Dying, and Surviving Here and Beyond**

**Angela Brownemiller
Metaterra® Publications**



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And
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**KEYS TO
CONSCIOUSNESS AND SURVIVAL
SERIES
Volume 14**

Dr. Angela Brownemiller

METATERRA® PUBLICATIONS



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Dr. Angela Brownemiller

Illustrated By
Angela Brownemiller

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Key Insights, Messages, And

Collected How To Die And Survive Concepts, Processes, and Exercises

For Living, Dying, and Surviving Here and Beyond

Keys To Consciousness And Survival Series, Volume 14

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HOW TO DIE AND SURVIVE, BOOK THREE

Dedication...

**How To Die and Survive:
Book Three**

Is dedicated
To defenders
Of the
Life Force
And its
Free Will
In all dimensions.



Key Insights, Messages, And Collected How To Die And Survive
Concepts, Processes, and Exercises For Living, Dying, and Surviving Here and Beyond



HOW TO DIE AND SURVIVE, BOOK THREE



... though I walk
through the valley
of the shadow of death,
I will fear no evil ...
Psalm 23

Figure 1
Walk Through The Valley



Key Insights, Messages, And Collected How To Die And Survive
Concepts, Processes, and Exercises For Living, Dying, and Surviving Here and Beyond



Figure 2

Dante And Beatrice Gaze Upon The Highest Heavens

Illustration By Gustave Dore In Dante Alighieri's *The Divine Comedy*

(Illustration, Public Domain)



HOW TO DIE AND SURVIVE, BOOK THREE

Even if science — physical science or occult science — were to discover the necessary condition or means for an indefinite survival of the body, still, if the body could not adapt itself so as to become a fit instrument of expression for the inner growth, the soul would find some way to abandon it and pass on to a new incarnation. The material or physical causes of death are not its sole or its true cause; its true inmost reason is the spiritual necessity for the evolution of a new being.

Sri Aurobindo
The Life Divine

For the soul has not finished what it has to do by merely developing into Humanity; it still has to develop Humanity into its higher possibilities.

Sri Aurobindo
The Philosophy of Rebirth
The Life Divine



Key Insights, Messages, And Collected How To Die And Survive
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Here in this book, BOOK THREE, these concepts are summarized chapter by chapter, and these exercises are included chapter by chapter, all through this book, in full sequence, to form a direct and easy to understand comprehensive experience for Readers and Listeners. Additional insights and messages are also included, presenting and reaching BEYOND this HOW TO DIE AND SURVIVE Book Series and Seminar Series, preparing Readers for next steps in other books in this KEYS TO CONSCIOUSNESS AND SURVIVAL SERIES such as Volume 7, KEYS TO ACCESSING THE BEYOND.



Key Insights, Messages, And Collected How To Die And Survive
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HOW TO DIE AND SURVIVE, BOOK THREE

Welcome To This Journey

This book is about becoming ever more aware of what is happening to and within us. This is about seeing ourselves and our lives in new ways.

This is about our sensitizing ourselves to what is really happening in our mind and brain, even in our soul, our spirit, and in our consciousness itself.

Join me on this simple yet profound, even life-changing, journey through the SELF to the actual SELF.

What does it mean to Die And Survive? The answer is quite simple, yet not entirely clear to us as we live these daily lives here on Earth. The Dying And Surviving this book shares with you is a concept, a sense of the SELF, a feeling that **the SELF itself is SUSTAINABLE**. Once we see death somewhat differently, the way we see our daily lives looks different as well.

Can it be that we can learn to DIE AND SURVIVE? Yes, once we understand what this IDEA means, and why this is relevant – yes, relevant even in moving through daily life changes, challenges, transitions -- minor and major endings and deaths of patterns and cycles and bodies.

Can it be that we do indeed already know how to Die and Survive? Yes. This is a question we can ask ourselves here on this remarkable frontier, this edge of our existence -- the place,



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space, territory, domain we are ready to explore both personally and as a species.

We can join hands, connect hearts, bridge consciousness-es, and explore together the truly awesome portals of our rightful survival awareness-es and options. We can develop and learn these herein defined and described **HOW TO DIE AND SURVIVE CONCEPTS AND TECHNOLOGIES OF SURVIVAL** – survival of awareness, survival of SELF -- the sustaining, elevation, expansion, ascension, even in essence resurrection, of self.

Understanding what it means to know how to survive both here and beyond, even to already be in both realms at once, is the challenge. **THIS IS THE FRONTIER OF OUR EXISTENCE IN THESE TIMES.** We are indeed explorers, even pioneers, in this undertaking.

We do have room to generate, evolve, explore, imagine, visualize, conceptualize, realms within ourselves, and realms **BEYOND**. We do have room to begin to see that our access to what we may call **THE BEYOND** is within us, that we carry the knowledge to access more fully ourselves, and our consciousness-es. These are our realms to conceive of, discover, develop, and grow into, even occupy.

WELCOME HOME.



HOW TO DIE AND SURVIVE, BOOK THREE

WELCOME TO THE
CONTINUUM OF THE CONSCIOUSNESS,
OF OUR CONSCIOUSNESS,
THAT
WE CAN AND DO OCCUPY
BOTH HERE AND BEYOND.

WE CAN DO THIS.
WE CAN SURVIVE.



Note to Readers:

See other books in this KEYS TO CONSCIOUSNESS AND SURVIVAL SERIES where I define, and describe access to, our CONTINUUM OF CONSCIOUSNESS. For example, see Volume 3 in this series, UNVEILING THE HIDDEN INSTINCT, and Volume 10 in this series, SEEING BEYOND OUR LINE OF SIGHT.



Key Insights, Messages, And Collected How To Die And Survive
Concepts, Processes, and Exercises For Living, Dying, and Surviving Here and Beyond



HOW TO DIE AND SURVIVE, BOOK THREE

Before You Begin


Readers, note that this HOW TO DIE AND SURVIVE book, ebook, audiobook, and program, as well as the other HOW TO DIE AND SURVIVE books, ebooks, audiobooks, and programs which precede and also follow this book, and all the books in this KEYS TO CONSCIOUSNESS AND SURVIVAL SERIES, are provided for educational and informational purposes only.

These books, ebooks, audiobooks, and programs do not provide medical advice or professional services. The information provided should not be used for diagnosing or treating a mental or physical health problem or disease. Always seek the advice of licensed professionals such as your doctor or another qualified health provider regarding a medical or psychological condition. Never disregard professional medical advice regarding physical health, or professional psychological advice regarding mental health, and never delay in seeking this. If you think you may have a medical or psychological emergency, call 911 or go to the nearest emergency room immediately.

ALSO PLEASE NOTE: The material in this and the other HOW TO DIE AND SURVIVE books is written to provide profound experiences and insights that can come to us quite naturally, unaided by drugs or medicines. These concepts, processes, and exercises are therefore being made available to the broadest range of people who may or may not be involved in activities they feel expand their consciousness. Ultimately, the truest path to you, to yourself, is through your actual self. This is who can survive.



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HOW TO DIE AND SURVIVE, BOOK THREE

**You Can Be
Streaming This Book
To Yourself And Others**

Hello Readers and Listeners,

A word before we begin. Many of you will move right away into the second half of this book, **STREAM TWO: REACH BEYOND**. This is understandable. And yet, it can be quite valuable to first step through the concepts and exercises in the first half of this book, **STREAM ONE: SET THE FOUNDATION**, to take the mind and the brain itself through the foundational processes before **MOVING BEYOND** as done in the second half of this book.

The words on these pages speak to the mind-brain, and spirit-soul, even to the consciousness itself. The following ideas and exercises are, step by step, exercise by exercise, walked through, talked through. These are simple steps to increasing awareness even in daily life, as well as in end-of-life, and perhaps even in after-life situations---in coming ever more in touch with the **ACTUAL SELF, the actual self who can survive.**

You may be reading this book in print form (as a paperback), or as an ebook, or hearing this as an audiobook. Some of you are playing the audiobook version to yourself, or to someone else while reading along in the paperback or ebook. All approaches to this material are welcome.



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The audiobook version of this book can be an amazing experience in itself. Many of you will want to listen to these concepts and exercises being read to you aloud, right from the audiobook. This is a wonderful experience in that you can just listen and follow along without having to carefully read the material to yourself. You can play your audiobook to yourself as one flowing experience, stopping it and picking it up where ever you leave off each time.

Indeed, some of you will want to stream this material. Stream here means: use the audiobook version, set its playback options, so that you can listen to these exercises in a flowing sequence: in the form of several chapter openings or chapter exercises at a time (perhaps chapter by chapter, as each chapter has its own set of concepts and exercises).

Or, you may want to listen to many of these exercises or chapters at once, or to the whole book all at once. Each of these approaches is a special, and for some even life-changing, experience.

The audiobook format of this book can also be helpful to friends, family, clients, and patients, who for matters of time, or stress, or emotional or physical health, may not have the energy or ability to read this book and its exercises to themselves.

Some of my clients have let me know that they are reading these exercises, or are playing these exercises aloud from the audiobook, for friends and family members who are not well, and in some cases who are not conscious, to share these ideas with these persons who cannot access these on their own.



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A few persons have come to me to tell me that these exercises were read to them (or played for them from the audiobook) when they were ill, and or not conscious, and that they recall this experience as something that spoke to their minds, to their higher selves.

There is tremendous potential here, no matter how you come to this material. You can find new ways to see yourself, your daily life, your life itself, even your end-of-life and possible after-life experiences.

Welcome to all Readers and Listeners of HOW TO DIE AND SURVIVE, whoever and where ever you are.

Dr. Angela Brownemiller



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Author's Note

This book presents this author's basic awareness, consciousness, and survival material and technologies, with related understandings. Readers have a right to such knowledge. Readers also have a responsibility to apply such knowledge with care and with the highest of ethical intent.

This is more than a book. It is itself a portal, an opening into a journey of the mind, heart, soul, spirit, consciousness. Especially when read in sequence, the concepts and exercises in this HOW TO DIE AND SURVIVE book may produce a progressive and positive, constructive, expansion in the Reader's state of mind and awareness.

Understand that such shifts in awareness can be valuable in psychological and spiritual growth, and can range from obvious to easily assimilated to troubling to confusing to amazing to ecstatic. Should a Reader find the solitary study of this text confusing, seek a fellow Reader and/or a trained psychological or spiritual guide.

If you are indeed reading this, you are most likely a human being living on planet Earth. This is the evolutionary level of life form for which these words are written.

Other Readers, should there be any, will interpret the messages transmitted herein according to interest, respective views, and levels of understanding, and, again, with only the highest of ethical intent.



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HOW TO DIE AND SURVIVE, BOOK THREE

Introduction To

How To Die And Survive, Book Three: What This Book Is All About

Everyone who wishes to can access the concepts, processes, and exercises contained herein. This is information we have a right to know, and a need to know, to access, to explore for ourselves.

Many Readers will actually begin by reading this book, BOOK THREE, first. In one flowing stream of ideas and exercises, BOOK THREE smoothly pulls together, summarizes, and further explains the material presented in BOOKS ONE and TWO.

Keep in mind that all of these HOW TO DIE AND SURVIVE books are both non-denominational and interdenominational. The material in these books is available to Readers and Listeners regardless of their particular religious or atheistic (or other) orientations and beliefs. Readers will choose to take this information in according to their own beliefs, interests, and needs. The concepts and exercises in these books stimulate the brain and mind to further extend our awareness and capabilities, to further sense and know who we are, and what all this means for our well-being and survival.

Our minds are still great frontiers. There is so much room for further development, even evolution. In this regard, as we further develop our brains, in many cases open new neural



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pathways among our brain cells and all throughout our brains, **areas of the brain open.** With these openings, we recognize spaces of our minds and consciousness-es where we can explore – even form -- additional aspects of ourselves.

That this material can be accessed directly, with or without holding particular belief systems, makes this HOW TO DIE AND SURVIVE awareness available to a broad range of Humanity.

**Developing our own access to
this expanded view of ourselves
is our birthright.**

**We are delivering ourselves to
higher levels of our own consciousness.**

**Becoming ever more aware of, sensitized to,
the subtle yet expansive Human consciousness,
is essential in our
PERSONAL AND SPECIES EVOLUTION
AND SURVIVAL.**



HOW TO DIE AND SURVIVE, BOOK THREE

About This Exercise Stream And The Following Exercises

These exercises can work well when experienced in the order presented herein, so that the awareness builds carefully, as if layer upon layer of foundation is being generated. Some of you will prefer to listen from time to time, and choose which exercises to tune in to. This can also work quite well.

Where possible, do try to absorb (in your own way) the information contained in these chapters and their exercises, by experiencing these in sequence. You will see how these concepts are progressively building---moving from seemingly simple to quite profound and far-reaching.

You will remember bits of this material many times during your many in-life, and then end-of-life, and perhaps even after-life, situations. Along the way, you may find yourself increasingly adept at what I call *conscious interdimensional awareness, navigation, and travel*.

As noted earlier, you can train your mind to be aware of your ability to expand, which is basically to move yourself into new levels of awareness. You may want to call on what you learn here at times in your life when you are exploring your mind and or your spirit, or when you face transitions, perhaps even challenges, in daily life, or even in end-of-life, and yes, perhaps also in considering after-life processes.

No drugs or medicines are required for this. Do not let anyone tell you drugs and medicines are absolutely required to



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expand your awareness. This decision will be yours and yours alone to make, based on your personal preferences. Again, I want to remind Readers that while there are those out there who may say that the only way or best way to access higher awareness is through drugs and or medicines, and or even through particular belief or religious systems, this is not the case.

I have written these HOW TO DIE AND SURVIVE books to provide ways to directly access the tremendous survival resource we all carry within ourselves: our own personal consciousness.

The material in these books is about our being increasingly adept at accessing ourselves, and at accessing our own survival itself, survival of the actual self, of the consciousness itself.

THE EXERCISES IN THIS BOOK

These exercises begin quite simply and carefully build toward some profound understandings. Readers will find that these HOW TO DIE AND SURVIVE books, and the other books in this KEYS TO CONSCIOUSNESS AND SURVIVAL SERIES, are manuals on: increasing awareness and understanding, increasing consciousness and **conscious survival skills**, and yes, increasing psychological expanse, its interdimensional access and territory.

The exercises offered throughout this book are designed for use and adaptation by adults who wish to engage in this learning process. All persons engaging in these exercises,



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please when you complete one or a set of these exercises, of course return to your ongoing life.

Should any exercise in this book require a physical activity (such as sitting, standing, or reaching) that you find hard to do because you are physically weak, ill, incapacitated, or simply tired, just *imagine* that you are doing the exercise.

Thinking through the motions in these exercises is tantamount to performing the motions when you do not have the actual option of literally doing these. Your mental circuitry is exercised either way. Even consider reading these exercises aloud to people (when they or close kin have given you permission in advance), people who appear not to be conscious, as these exercises may offer guidance to these persons as well.

Whatever your level of physical and mental ability, your range of motion, your stage of life, or your relative "need" for these exercises – you, your spirit, your consciousness, your mind, even your biological brain, even your biological body, will likely greatly benefit by enrolling in this **INTERDIMENSIONAL AWARENESS SCHOOL** I have established for exactly this purpose. This matter is a key component of this **INTERDIMENSIONAL PSYCHOLOGY** field and curriculum that I have defined and introduced in this and other books.

Dr. Angela Brownemiller



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HOW TO DIE AND SURVIVE, BOOK THREE

**COLLECTED
HOW TO DIE AND SURVIVE
CONCEPTS, PROCESSES,
AND EXERCISES
FOR LIVING, DYING, AND
SURVIVING HERE AND BEYOND**

The following exercises are provided in sequence as they appear in the two preceding HOW TO DIE AND SURVIVE books. Summaries and discussions of concepts related to these exercises are included at the opening of each chapter (as each chapter offers a particular set of exercises) and then at the close of this book. In this way, this entire book flows from start to finish, building on these ideas and exercises as it moves along from most basic to most profound.

Note: Many additional IDEAs are woven into the introductions to the following chapters, now even REACHING BEYOND what was presented in the first HOW TO DIE AND SURVIVE BOOKS, ONE AND TWO.

Some Readers will actually want to first read through all the summaries at the opening of each of the chapters in this book, and return to the exercises later, as these summaries together provide a simple and flowing presentation of HOW TO DIE AND SURVIVE teachings.

The first EXERCISE STREAM, titled SET THE FOUNDATION, begins on the following pages, and contains and builds on those concepts and exercises found in the first HOW TO DIE AND



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SURVIVE book, BOOK ONE. These foundational concepts and exercises are highly recommended as a starting point for the material found in the last half of this present book (BOOK THREE), which is taken from HOW TO DIE AND SURVIVE, BOOK TWO.

To be clear here: The second EXERCISE STREAM, titled REACH BEYOND, found in the second half of this book, BOOK THREE, contains and builds on those concepts and exercises found in the second HOW TO DIE AND SURVIVE book, BOOK TWO.

These concepts and exercises vastly extend BEYOND what is provided in the first half of this book, building on those foundational concepts and exercises to reach BEYOND. Here is where profound new levels of this HOW TO DIE AND SURVIVE material are introduced.



HOW TO DIE AND SURVIVE, BOOK THREE

STREAM ONE:
SET THE FOUNDATION

Foundational Concepts and Exercises
Collected From
How To Die And Survive, Book One

BOOK ONE in this set of HOW TO DIE AND SURVIVE books provided a foundation to the matter of being able to ever more consciously move through challenges, changes, transitions, endings, even what feel to be minor and major death experiences.

The goal of these foundational exercises is to familiarize ourselves—our brains, our minds, our souls, our consciousness-es themselves, with the concept of making it through, of learning, of surviving.

We can be choosing to **ever more consciously move through, survive**, in daily life, and in all in-life, even end-of-life, and even perhaps also after-life, transitions and challenges.

Thinking through the various elements of making it through, yes---of surviving challenges, changes, and transitions, creates in our minds a familiarity with concepts and situations we may at some time encounter.

This can help us know what we can think through, work through, to ever more consciously navigate our lives and the situations we may find ourselves in. Here in this STREAM



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ONE, we may even discover that there may indeed be parts of ourselves that can continue after we leave our physical, biological, bodies – an IDEA that STREAM TWO (found on the pages following this first exercise stream) explores in depth.

This is all about exercising our brain, our mind, our spirit--- getting to ever further know our self, our actual SELF, sensing the actual presence of this actual SELF who can actually survive.

Say hello, as you have been here all along.



HOW TO DIE AND SURVIVE, BOOK THREE

Let's Be Able to Talk About Death: BOOK ONE, CHAPTER 1 CONCEPTS AND EXERCISES

The following introductory exercises assist in opening, or further opening, a dialog between and among our brain, and mind, spirit, and consciousness. By thinking through these concepts and exercises, and where possible actually conducting these exercises, we are dialoging with ourselves, connecting on many different levels of our brains and minds.

Just being able to talk about endings and deaths is a start to a dialog we can open and deepen as much as we wish it to deepen. Meaning will continue to emerge on ever new levels the deeper you go into this HOW TO DIE AND SURVIVE material.

Thinking about the idea of major change, even of death itself, while living, can be interesting, even intriguing, or can be concerning, confusing, even daunting, perhaps for some overwhelming, for some even frightening. Yet, thinking calmly about our feelings about changes and even about death itself can help us move through the minor and major challenges and changes we face.

This thinking carefully is alright, as we do not want to be reckless when making major changes in our lives. Nor do we want to be reckless when thinking about death itself.

We help ourselves by becoming more able to talk about and think about change, even about death, as this helps us face



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change and death when we at some point may need to. We can follow these exercises in this chapter, taking a look at ourselves doing this thinking, and seeing how we can get to know ourselves just a little better.

This is the basic starting point for the journey that follows. We can be stepping carefully through these HOW TO DIE AND SURVIVE CONCEPTS AND EXERCISES, through this EXERCISE STREAM, gaining ever more awareness of ourselves as SELVES, as beings who CAN SURVIVE.

EXERCISE #1.1

CONTACTING DEATH RESISTANCE

Think of three reasons — the first three that come to your mind — for your not wanting to die right now.

Count these reasons as they come to you. If you do not have three reasons of your own, let some or all of your three reasons be those you think other people or society may have for you not to die right now.

Your reasons can be of any nature, including but not limited to fears, inconveniences, and or the leaving of loved ones behind.

EXERCISE #1.2

CONTACTING RELEASE RESISTANCE

Imagine that you have written each of these “three reasons not to die right now” down onto three separate pieces of paper. Now, imagine



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the wind coming up and blowing away each of these reasons for you not dying right now.

Do you feel anything about this imagined blowing away of your reasons not to die? Do you feel sadness? Or relief? Or surprise? To what degree do you feel any of these or other responses? If you feel nothing about this imaginary blowing away, ask yourself, how does "feeling nothing about the loss of these reasons not to die" feel?

Note any resistance you felt to the idea of the wind blowing away your reasons not to die. Did you want to stop the event, as if saving precious papers from blowing off a table? Relive each and every resistance to the blowing away of each reason not to die, whether subtle or distinct. Perhaps you felt nothing. Note any lack of response you may have to this exercise.

EXERCISE #1.3

REPEATING RELEASE

Repeat the above two exercises several times, trying different sets of reasons not to die each time. Think and visualize your way through these repetitions and examinations of your feelings, ideally unaided by making written notes.

You may wish to make notes on this exercise once it is completed. This is fine. There are no right or wrong answers to questions such as the ones asked in these exercises. This is simply an exploration of the ideas and feelings about these ideas. For now, these first three exercises are simply opening a door to personal inquiry....



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HOW TO DIE AND SURVIVE, BOOK THREE

Sensing How Alive We Are:

BOOK ONE, CHAPTER 2 CONCEPTS AND EXERCISES

We can become ever more aware of what it means to live, to be alive, by contrasting life with death. As we do this, we can begin to be in touch with what part of ourselves are actually feeling alive.

We sense, we feel, life, and the spirit of life. Some part of this sensation is clearly beyond just our biological sensation of breathing. Each of us will have our own way of thinking about this, of sensing what it means to be alive.

Where ever you are in your own life journey, take a moment here to be aware of feeling alive. See that this sense of being alive will be valuable to you at many points along the way.

EXERCISE #2.1

CONTRASTING LIFE WITH DEATH

If there might be a time when you cling to life, what might you be hanging on to? Can you detail for yourself what elements of life you want to hold on to?

Perhaps life is best sensed by seeing it as the opposite of the big death (whatever this big death may mean to you).

So now, imagine what it feels like not to be dead, to be alive, as you are right now.



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Try to become more aware of what it feels like to be alive than you have been before now. Stay with this awareness for the next exercise.

EXERCISE #2.2

KNOWING HOW ALIVE YOU ARE

There is always more to add to this awareness of being alive. Think more about what it feels like to be alive. As you do so, sense yourself being alive.

Ask yourself, "How alive am I? How do I know this? How do I sense this?" And then ask yourself, "Are there times I have felt more, most, alive? What are these times, what do these feel like?"

Give yourself a read on how alive you feel yourself to be right now. This can be on a scale such as from "not at all alive" to "very very alive" or somewhere in between. Or this can be expressed in any other way you wish to.

*After all, you are telling **yourself** how alive **you** feel **you** are right now. This is a personal readout from you to yourself. Of course you may share this with others, however for this moment, have your own personal sense of your own alive-ness.*

As you move through the progressive concepts and exercises in this and the following How To Die And Survive books, your sense of how alive you are may heighten; you may become ever more conscious of yourself and of who and what you are.



HOW TO DIE AND SURVIVE, BOOK THREE

EXERCISE #2.3

SEEING THE DYING SYSTEM

You live within many different systems. Think, without writing this down yet, of any systems in which you live—personal, physical, social, political, economical, ecological—which may appear to be having trouble these days.

What about the difficulties these systems are having, if anything, suggests to you that the systems you have thought of may be winding down or transitioning in some way? Would you say that any of these systems are actually dying? Why or why not?

What are signs that a system is dying? Can people sense such a death, or need they be told how to see it?

*What can you do and sense to see that **you perhaps can survive** when a system you live within does not? The system can die and yet you can, once you know this, survive. What does this concept mean to you? Let yourself think about this, sense this, without putting requirements or definitions on this awareness. Just see where this takes you for a few minutes. Remember, there are no right or wrong answers to the questions asked in these exercises.*

EXERCISE #2.4

SEPARATING FROM A TROUBLED OR DYING SYSTEM

Select one of the troubled and/or dying systems you identified in the previous exercise. Close your eyes and see where you fit within, see yourself in, this system. See how very much a part of this system you are. See how tied to it—even defined by it—you may be.



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Now, with your eyes still closed, use your imagination to create a way for you to exit this system. See yourself exiting. Get all the way out.

How did you choose to get out of this troubled, deteriorating, or dying system? Did you choose to physically die? Or did you choose to create, visualize, a window and simply climb through it?

Maybe you chose to speak out and try to change the system? Maybe you chose to pull off a great escape during which official members of the system attempted to hold you back?

Did you die trying to get out? Or did you survive by getting out? How do you know this?

Did you survive your exit? How do you know this?

Try this exercise a few more times, each time selecting a different type and size of dying system. Note mentally (write later if you wish) your means of exit each time.



HOW TO DIE AND SURVIVE, BOOK THREE

Sensing The Space, the Atmosphere, You Are In:

BOOK ONE, CHAPTER 3 CONCEPTS AND EXERCISES

Not everything about living is loud and clear, obvious and distinct. So, finding our way through situations, even challenges, changes, endings, and deaths, can be unclear, disorienting.

We can help ourselves by becoming more sensitive to the spaces we are in, to what we might want to call the *atmospheres* we are in. We can be more aware of the sensations that are not always the most obvious to us.

The more we sensitize ourselves to the more invisible or subtle aspects of our realities, the more we can allow our minds and spirits to explore ideas we may at some point in our lives have needed to explore.

As you move on into these HOW TO DIE AND SURVIVE exercises, keep in mind that imagination and visualization are useful tools as you begin to further develop, to stretch, your awareness, your sense of SELF, of self who can survive.

EXERCISE #3.1

REACHING OUT

INTO THE ATMOSPHERE IN FRONT OF YOU

Reach out into the air (or atmosphere) in front of you.



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Pretend that you find a window in that atmosphere. Pretend that you open that window.

See, or at least pretend, that what you find coming in from beyond that window is determined by what you believe is there. If you are afraid of what you think is there, or of what you don't know about what is there, you may find something that feels like fear flowing in.

EXERCISE #3.2

DISTINGUISHING THE INSTRUMENT FROM ITS MUSIC

Imagine a symphony performing a beautifully majestic concert. Musicians (consciousnesses) express using instruments (musical vessels or bodies). A web of notes is formed. This web, once connected to ears, appears to be music.

The musical web flows into the air or atmosphere from the instruments.

The musicians, using their instruments, weave the web of sound in such a way that a concert is released into the atmosphere. They weave a specific collection of sounds. These sounds or energies flow as long as the musicians continue to produce them.

Become one of the musicians for a moment. Play the music. Imagine you see the web of sound you are producing. Hold on to this image.

Play on. See the web become more elaborate. Distinguish between the musicians, including yourself, and the music they and you are playing.



HOW TO DIE AND SURVIVE, BOOK THREE

Now stop all playing. Note that when you all cease playing, the sound web disappears.

See the web disappear. It may fade away slowly the way some sounds seem to do, or it may seem to immediately stop being a sound.

EXERCISE #3.3

SEPARATING YOURSELF FROM YOUR WEB

Close your eyes. Now imagine yourself to be a musician. Play the instrument of your choice. Play a brief note.

Now, with your voice, make an actual (audible) sound, representing that note. Sing or tone or hum or make a one vowel sound such as "oooo." As soon as you play (sing or say) the note, say goodbye to it.

Do this several times, as if you are blowing bubbles, as if each note you make is a bubble.

You know the bubble will soon pop or dissolve, so you say goodbye to it, detach from it, immediately after blowing it. Play a note. Say goodbye to it. Play (sing or say) another note. Say goodbye to it. . . . Continue this way a while.

EXERCISE #3.4

OPENING THE WINDOW

This is an incredibly simple foundational exercise, designed to initiate the expansion of your understanding of death. Regardless of its simplicity, conduct the exercise as described.



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Imagine that you are in a dark room. It is night. You are facing a closed window. It is bolted shut. Reach out with your hands. Unbolt this imaginary window, and open it. (You have opened a window in your mind.)

Let the moonlight, the starlight, and any kind of celestial light you can imagine, pour in through the open window. The light showers you and fills you.

With your eyes still closed, hang on to this image as long as you can. Move into the next exercise with it.

EXERCISE #3.5

MOVING THROUGH THE WINDOW

Move now, by moving your arms as if you are swimming, through this open window. Swim toward the source of the light which is filling you.

Move into the next exercise as you swim toward the source of light which is filling you.

EXERCISE #3.6

BASIC REFORMATTING

As you fill with light, notice that (feel that, imagine that) you change from a physical body, made up of flesh and bones and organs and blood, to an increasingly lighter body, made up of less and less of what you think of as your physical body. Think about how every cell of yourself is turning into a new substance. Try to get detailed as you visualize this simple reformatting.



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NOTE ABOUT FIGURE 3.1

Those of you with the paperback or ebook version of this book can see Figure 3.1 here, which pictures the idea of the web we weave around us, the attachments and cords we form to other people and things in our lives. Although largely invisible to our biological eye, this web may be present and affect us at all times during our in-life, even end-of-life passages.

Audiobook Listeners are encouraged to find the ebook or paperback versions of this book in order to see the figures diagramming some of the concepts found in these books.



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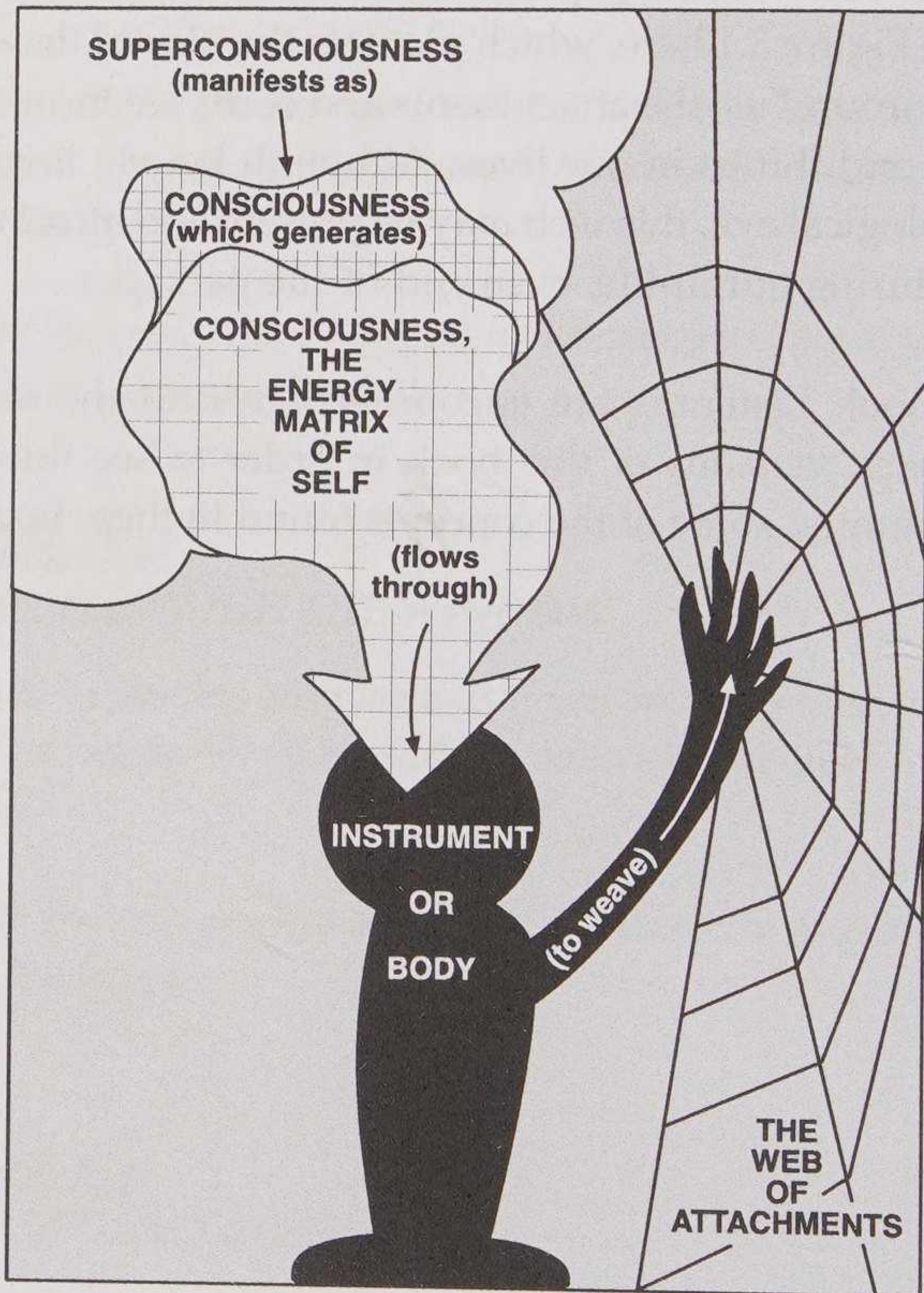


Figure 3.1
Oh, the Web We Weave



HOW TO DIE AND SURVIVE, BOOK THREE

Exploring Acceptance, Fear, Grief, and Attachments, Even Cordings: BOOK ONE, CHAPTER 4 CONCEPTS AND EXERCISES

So many emotions affect us as we move through our daily life, ongoing in-life, and even later end-of-life passages. We can get to know these emotions and teach ourselves ways we can manage these emotions by exploring them – by sensitizing ourselves to ourselves as we move through these emotions and sensations.

We can also begin training ourselves to use our imagination – or our mind's eye -- to develop processes, perspectives, even coping skills, that will help us navigate emotions themselves, and the feelings we experience as we face changes, challenges, even endings and even deaths.

Emotions take many forms. Emotions can be a great gift or can be a burden. However we experience an emotion, we are being tied to or at least connected to that emotion. Sometimes it seems an emotion arises with us, other times it seems emotion washes over us from outside us.

An emotion can seem to become larger than the experience itself. Sometimes emotion attaches us to it, or perhaps we attach to that emotion. In this sense, when the boundaries between emotion and the person or persons feeling the emotion becomes less and less clear, the more impact the



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emotion itself has on us. Where do we draw the line between ourselves and our feelings?

We can see more about how emotions, even emotions such as fear and grief, can rule us---where instead, we may wish to rule these emotions. Although this is very clear to all of us, at times we may want to remind ourselves that:

**we are NOT our emotions,
we are OURSELVES.**

EXERCISE #4.1

EXPRESSING FEAR

Stand with your eyes closed.

Imagine that you stand before a closed door. You are about to beat at this door to the unknown as if you want to see what is behind it. Do not beat at this door because you want to go beyond it, rather because you want to know what awaits you.

Now you raise your hands in front of you.

Clench each hand into a tight fist. Beat silently against the invisible door or wall which stands before you.

Keep those fists clenched very tightly. Beat, silently, at first slowly, and then more and more rapidly. Beat harder now.

Now, while you are beating, imagine (but do not make any noise) that you are screaming into each of those beats. Just imagine this. Make no audible noise.



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Now imagine, in silence, that these screams are becoming deafeningly loud. Imagine that you are attempting to keep these silent screams within your mouth. You are refusing to let the screams out. Clench your lips so that your screams cannot get out while you continue to beat at that door so very fiercely. That screaming is pressing to break through your lips.

Now stop beating on the door. Stop screaming.

Take a deep breath, hold it a moment, and then release it very slowly. Then stay with this for the next exercise.

EXERCISE #4.2

RELEASING THE LAST FEAR

In silence, stay with the feelings of the previous exercise. Now, close your eyes and examine your inside.

Are you in any sort of physical or emotional pain? Are you tired? Are you tense? Are you sad? Are you empty?

Move your attention slowly from the top of your head downward throughout your body. Is there a tear or maybe a cry or scream anywhere in there?

Find, or imagine, a remaining scream or point of unexpressed fear, sorrow, pain, or tension within you. Give this feeling a silent sound. Or go back to that silent scream you formed in the previous exercise.

Without making a sound, go back in to the silent scream or feeling you gave a silent sound to. Hear it silently sounding itself. Make no audible noise yet.



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Now, imagine an invisible door in front of you. Raise your fists and bang on this invisible door. Even if you do not feel you need to bang harder, do so. Exaggerate your pounding. Imagine that you are (silently) screaming (or making another sound of anguish or pain).

Keep making this sound until you feel that you have exhausted the sound for now, until there is nothing left, no unreleased pain, no unreleased anxiety, no unreleased fear.

Continue until you have or imagine you have released all you can find to release. ... hold for next exercise.

EXERCISE #4.3

FILLING WITH ACCEPTANCE

If, during the above exercise, you have released some stuffed away emotions and sensations, you may feel somewhat relieved or even calm now, and or perhaps a little empty inside. You decide what you feel now.

With your eyes closed, see yourself as an empty vessel. Decide that you will fill that vessel with a specific feeling—in this case, the feeling of acceptance, no clear definition of this, simply a very pure acceptance. This pure acceptance is calming, soothing, reassuring.

Give this acceptance a fluid image. Let it pour through you slowly, gently, quietly.

Try to purify, to clarify this sense of acceptance, by concentrating on it, getting to know it very well.



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As you familiarize yourself with the feeling of acceptance, tell yourself what it is you can do later, in the near and far future, to remind yourself of how acceptance feels.

EXERCISE #4.4

EXPRESSING GRIEF

Review or even repeat the three exercises described above (#4.1, #4.2, and #4.3), this time with the sense that the person (or subject/object) of your grief (usually a loved one) waits beyond the door upon which you are asked to beat. When you start to silently scream and wail in #4.3, include the name of whoever (or whatever) you are grieving.

Reach for that person or thing. Reach out as far as you can and cry out the name. Beg for the person or thing to return to you. Imagine that you have tied one or more ropes or cords to that person or thing and tug on these cords. Pull on them. Freeze. Hold for next exercise.

EXERCISE #4.5

CORD CUTTING CEREMONY

Visualize the person or thing you have been tugging on. Say, as if that person or thing is speaking these words to you: "Release me. Cut the cords so that I may move on with your blessing." Respond, "I release you. I cut these cords so that you may move on with my blessing." Use your fingers as if they are scissors and imagine that you are cutting a web of strings that once tied you to this person or thing.



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Now ... see whoever or whatever you have just released turn to light and float away. . . . Feel perhaps love, or relief, and or acceptance. Work to focus on these feelings.



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Realizing We Are Living in Cycles and Systems That Have Beginnings and Endings, And Beginnings Again:

BOOK ONE, CHAPTER 5 CONCEPTS AND EXERCISES

As we live, we can build into ourselves a sort of readiness, a strength of spirit. We can learn as we go about our lives. We can be preparing ourselves for the changes, transitions, and challenges we may face in daily life, and even for those we may eventually face in end-of-life situations.

For example, we know that we are always living through ongoing cycles, both quite visible cycles such as annual seasons, and less visible cycles such as many of our own personal biological body patterns. Even the stages of our lives are frequently described as part of a life cycle.

Cycles are minor and major patterns we are always living in and within and around and through.

Once we see living life as moving through cycles, even through cycles within cycles within cycles, we begin to feel death has a different meaning. (See Figure 6.3, Visualization of Being Part of Larger Cycles.) And, once we think of death



as being following by a new beginning, then death is not exactly death, is it?

NOTE ON FEELING PREPARED

We are perhaps never entirely ready for the greatest challenges we may face. However, we can feel more and more ready as we think through the various elements of ourselves, our minds, our spirits, our consciousness.

Feeling prepared is a *sense of readiness* for what we may face. Of course we are never fully prepared; yet, the more we have explored the ideas in this book, the more familiar we are with these.

Readiness is a healthy state of mind. Readiness implies that you are prepared, like a fireman or firewoman ready in case there is an alarm, like a lifeguard ready to leap into the pool should a swimmer need help. The most prepared actors, firemen, and lifeguards, do not sit nervously, waiting to be called. They are well trained, they know their procedures, their methods — their jobs.

If you have ever studied for tests, you may know how differently you feel when you have studied very well. You may enter the test with a high degree of confidence that most, if not all, that you will be asked to do will be something with which you are familiar, or something that you may figure out because you have dealt with a similar challenge before.

So, understand more and more about minor and major change, transition, and even death situations. Know that the



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best way to live life ready for all transition and even for eventual physical death is to deeply understand the following:

1. Every moment in the time of your life matters.
2. The future is not entirely predictable.
3. You, your personal consciousness, can be always ready—ready for things to stay the same, and ready for everything to change.
4. You are already informed and ready for your various change and transition and even eventually death situations: you have already explored transition and dying processe.
5. You already understand what conscious transition and dying is about.
6. Now you can both consciously and subconsciously carry your knowledge forward, to have this to call upon when needed, even perhaps to someday recall this material as you move into the beyond.

EXERCISE #5.1

BEING READY FOR DEATH

Read the above list aloud, slowly several times. Read it as if you are telling someone else how simple it is to know these things.



EXERCISE #5.2

PRACTICING CYCLE SENSITIVITY

Choose a recent time cycle of your life. You may pick the past hour, or the past 24 hours, or the past week, or the past season, or the past year, or the past decade. Think to yourself when it was that this cycle began and when it was that this cycle ended.

As you are thinking, realize that this cycle is a cycle within a larger cycle, as are all cycles. Mentally review all the cycles that the cycle you chose fits into. For example, in terms of Earth time, a second is part of a minute, a day is a part of a week, and a century is a part of a millennium.

EXERCISE #5.3

STUDYING A CYCLE

Return to the cycle you chose in the above exercise. Think about what you might call the beginning of that cycle. Try to recall some characteristics you can associate with the beginning of this cycle: how you felt, how you looked, what was going on in your life or in the world around you.

Now pick out events during the middle of this cycle. Do not trouble yourself with efforts to put these events in order, in linear time sequence. Keep in mind that linear time is a physical plane reality and or illusion. It is a handy map for those who live in material reality, but it is only a map, not the reality. Allow the events which took place during your chosen cycle to come back to you, in any order.



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Now pick an event or series of events that you associate with the end of your chosen cycle or time period. Think about this or these events. See these as *cycle completion points*. Then also see these as *recycle points or cycle initiation points*.

You have just reviewed a cycle of your life. Treat that cycle like a book that you can put on your shelf for safekeeping and take down and re-read anytime you like.

Treat that cycle, that book, as a part of a series, a sequence, a chain of books, a larger pattern series or cycle you have lived and are living.

See that each whole book is also a chapter in a much larger book (or pattern, or pattern cycle). You may or may not have the larger book handy. You may or may not yet have room on your shelf for the larger book. You may or may not know what the larger book is about.

This not knowing is all right. One of the greatest adventures in death is the close of a cycle and the opening of a new one. Closes frequently feel like dyings. But the larger story can only come to you as you read on, as you live on, as who you actually are survives.

EXERCISE #5.4

SEEING YOUR LIFE CYCLE

Imagine for a moment that your life has just ended at exactly this point in time. Briefly review your life. Try to group events, memories, that come to your mind in terms of whether they fit into the beginning phase, the middle phase, or this (would-be) seeming "end" phase.



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At first, the memories may come to you in a jumble, with all phases mixed together. To help feel that you are organizing your thoughts here, break your life into the three parts, beginning, middle, and end.

Use any sort of category of three phases that you want to—first phase or beginning, then middle phase, then last phase or so-called ending. For example, perhaps divide up the phases of your life by years, or by relationships, or by health, or other patterns.

Now review the beginning phase. Do not try to time sequence your memories in great detail.

Now review the middle phase.

Now review the end phase. Spend several minutes on the last bits of this end phase. Breathe a sigh of relief when you complete this review.

EXERCISE #5.5

DEFINING THE UNFINISHED

You can use pencil and paper for this exercise. This is up to you.

Now that you have given some thought to the sensation of being unfinished, let's work with this idea.

Make a list of everything that you have not done, that you would like to finish were you moving out of your city or town today. Title this list "moving away today." Try to put at least five things on this list. You may have many more than five things on your list. This is fine.



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When you have completed the list of what you would do were you moving away today, write a new list: list everything that you have not done that you would like to have done or to complete doing, were you being forced to move urgently, forced to depart. Label this new list, "forced urgently to depart."

For this list, imagine now that you are being forced by the law, or by a political event, or by some kind of major change in the world, to leave your home and family—whatever that might be—parents, siblings, spouse, children, or other very close kin or friends that you have. Imagine for just this moment that you are being forced to leave them for good and will not be able to communicate with them again by telephone, by mail, or by any sort of clear method that you have used to date to communicate clearly with them.

Is this list different from the first one, the list you made when you imagined you were moving out of town with a less serious reason? What is it that you have not said or done given this more pressing reality?

When you have finished this second list, write a third: imagine for a moment that your life is over—this life, the life that you are in right now—tonight at midnight. Label this list "die tonight." What is it that you would do or immediately complete if you only had a certain number of hours left to live?

How many things on the above lists would you include? How many of those things would you discard as being not important given the short amount of time to live? What new things would you include on this new list? Write this list, circling the new items, if any—items which come to mind when you are asked to imagine for a moment that your physical death may be imminent.



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Now, try to organize each of the above lists into categories — in terms of personal relations, money matters, work, commitments, or other categories you think of. You may want to rewrite these lists into a chart such as the chart described in Figure 5.1.

Look slowly at each of your lists. Notice your reaction or absence of reaction to each item on each list. Put a little star next to the items that you feel you have some kind of emotional connection to — some kind of emotional feeling that says you really need to complete this item. Star items which elicit a feeling in the heart or the gut.

This sort of emotion may indicate that you would very much like to take care of these things before dying – or even while living for that matter.

NOTE ON FIGURE 5.1.

Audiobook Listeners may want to see the paperback or ebook version of this book for a copy of the chart in Figure 5.1. Across the top of this chart are **possibility columns** such as: 1) moving away today, 2) forced urgently to depart, and 3) die tonight. Down the left side of the chart are rows named with aspects of life including but not limited to: 1) personal details, 2) work, 3) family, and 4) personal relationships.



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* = feels very important			
	Moving Away Today	Forced Urgently to Depart	Die Tonight
Practical details			
Financial			
Legal			
Work and similar committments			
Family			
Other personal relationships			
Self: Things I always meant to do for myself			
Etc.			

Figure 5.1

Last Lists



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HOW TO DIE AND SURVIVE, BOOK THREE

Mapping Your Life To See Your Journey:
BOOK ONE, CHAPTER 6 CONCEPTS AND EXERCISES

As you gain this ever increasing awareness of the obvious and less obvious elements of your living process, you begin to feel that your brain, your mind, your consciousness itself, becomes more aware of itself.

As has been discussed in great depth in other books in this KEYS TO CONSCIOUSNESS AND SURVIVAL SERIES, including in the other HOW TO DIE AND SURVIVE books (BOOK ONE and BOOK TWO) that are part of this series:

**What does survive
is the consciousness itself.**

**What can learn to survive
is the consciousness itself.**

Part of becoming ever more aware of the self, and of the personal consciousness itSELF, is to begin to see more about the patterns and processes we form and live through in our lives.

This chapter on mapping the life process is about forming an ever increasing awareness of the patterns we form, both the useful patterns and the problem patterns we form and attach ourselves to as we live.



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We can begin to see our life patterns, even to spot the choice points, or forks in the road, we encounter along the way. We can also begin to sense more clearly when the opportunity may arise for moving beyond a pattern, perhaps even for spiritual elevation.

Indeed there are basic patterns we form patterns within, basic categories of patterns within patterns within patterns.

As defined and explained in depth in other books in this series, four of the most basic overarching patterns our pattern processes fall into are these: STRUGGLE, PARADOX, INSIGHT, and ELEVATION, as you see diagrammed in Figure 6.1 at the end of this chapter.

EXERCISE #6.1

MAPPING YOUR LIFE

Use, in any order and any quantity, each of the four patterns diagrammed in Figure 6.1, (struggle, paradox, insight, and spiritual elevation) —and map a piece of your life.

You can either visualize this map or draw it on paper. You may want to choose a recent week, month, year, or decade. You may want to map a relationship or a habit pattern. You may want to make a general map of your entire life.

There is no right or wrong way to do this, and no appropriate level of detail. You are the map maker. The territory you are mapping is



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your own. You will want to do this exercise again many times in your future.

EXERCISE #6.2

SEEING SHIFTS AND TRANSITIONS IN YOUR LIFE

Now, once you have made this map of a portion or of all of your life thus far, draw circles around the areas when transitions out of and in to next phases took place (or are taking place at this time, if currently). See these circles as transition points, pivotal moments in minor or major endings, deaths, of phases and births of new ones.

EXERCISE #6.3

DEVELOPING FORK AWARENESS

Think of a present, past, or possible time in your life when you feel, have felt, or will feel, substantially unsettled for a significant chunk of time.

Be in that time. Do not try to define "substantially unsettled." Just accept whatever comes to mind here.

Make the unsettled time you have selected feel like now if it is not already in the present, by imagining that you are actually feeling that unsettled.

Now stand up if you can, or imagine standing, and, with your eyes closed, immerse yourself in this situation.



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Pretend that you are wandering through this situation. With your eyes still closed, take a look under your feet. Try to feel your situation through the soles of your feet.

Try to see where you are in your life. Try to see the road or life path you are on. Allow yourself to see (or imagine for now for this exercise) that you are at a fork in your path, a paradox in your reality.

Stand before this fork and feel confusion and indecision. If no confusion and indecision comes to you, imagine that you feel these feelings.

Now exaggerate this confusion and indecision. Hold for next exercise.

EXERCISE #6.4

MOVING ON

At this fork in your life path, inform yourself that you can make a choice to go one way or another — to take one of the roads leading out of the fork. How do you move ahead now? Which way do you go? For a moment, force yourself into a decision.

Remember that this is just an exercise and you do not necessarily have to take this decision back to your life, your reality outside this exercise.

Make a choice. Take a road. Close your eyes and leap. Examine your reactions, your feelings, here. Do you fully make the leap? Or do you hold on to the indecision? The confusion? If so, how long?



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What, if any, feelings replace the unsettled sensations you were having? Fear? Shock? Relief? Pride? Exuberance? Anticipation? No feeling? Numbness?

EXERCISE #6.5

HAVING CYCLE SENSITIVITY

Single out different personal cycles which you have undergone more than once. These might include repeat performances of falling in and out of love, beginning and ending an academic year, participating in a meeting from start to finish, or entering a race and completing it. List these.

Now single out three life cycles in which you are but a small part and list these. For each of these larger life cycles you have listed, list three smaller cycles or subcycles which take place within those larger life cycles.

There are no right or wrong answers here. Do not worry if you are not sure of what you are doing. Just follow your instincts, follow your own ideas. See your universe as full of cycles and subcycles.

EXERCISE #6.6

LOCATING YOUR CYCLES

Now, place each personal pattern cycle you identified at the beginning of Exercise #6.4 within the larger cycles you also identified in Exercises #6.4 and #6.5. Do you see where you fit in? Examine the example in Figure 6.3. You can draw a similar cycle map for yourself. For example, you have a birthday every year, so perhaps one of your cycles is the annual birthday cycle which may



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fit within the larger life or century cycle. Or perhaps you have a weekly family dinner. This cycle may fit within the life cycle of your family. Or perhaps you have many daily routines that are part of your daily pattern or cycle, which itself is part of an annual pattern.

NOTE ON CHAPTER 6 FIGURES

The following Chapter 6 Figures offer visual depictions of some basic patterns and cycles, and choice points, or forks in the road, that we may encounter. Again note: As defined and explained in depth in other books in this KEYS TO CONSCIOUSNESS AND SURVIVAL SERIES, four of the most basic overarching patterns our pattern processes fall into are these: STRUGGLE, PARADOX, INSIGHT, and ELEVATION, as you see diagrammed in Figure 6.1. Audiobook listeners are encouraged to see these figures in the paperback or ebook versions of this book.



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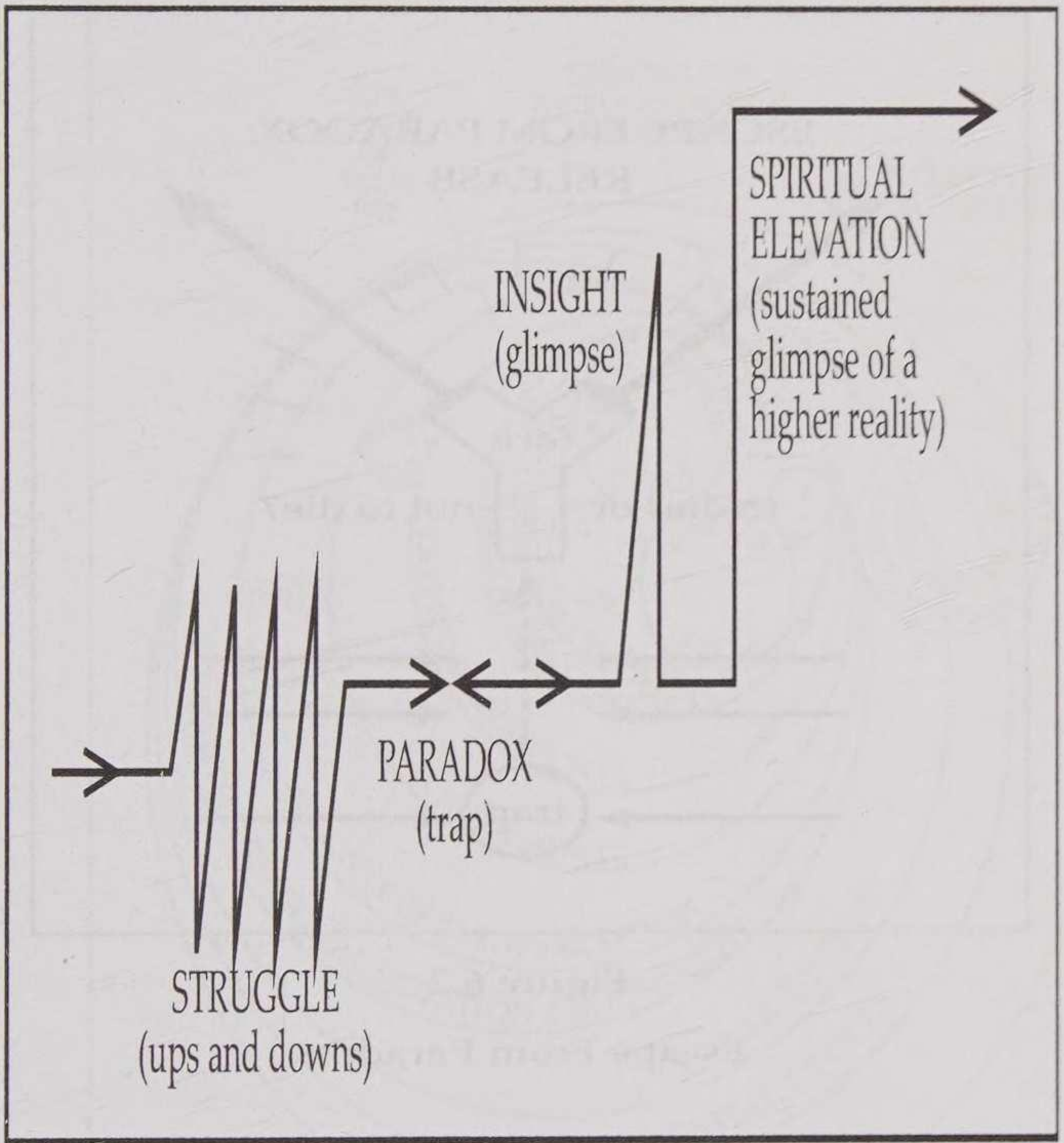


Figure 6.1

Four Repeatable and Intermixable Phases



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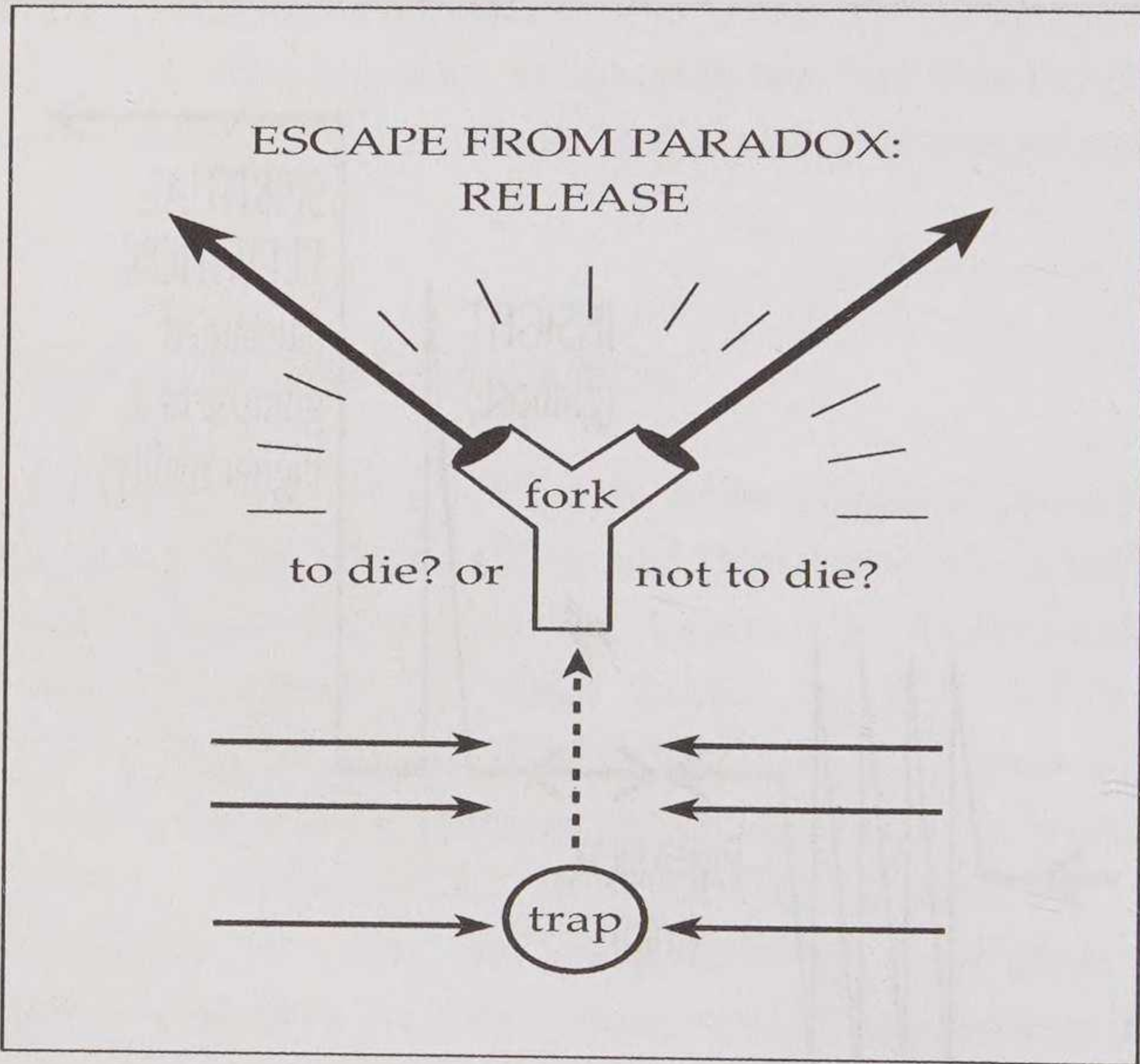


Figure 6.2

Escape From Paradox



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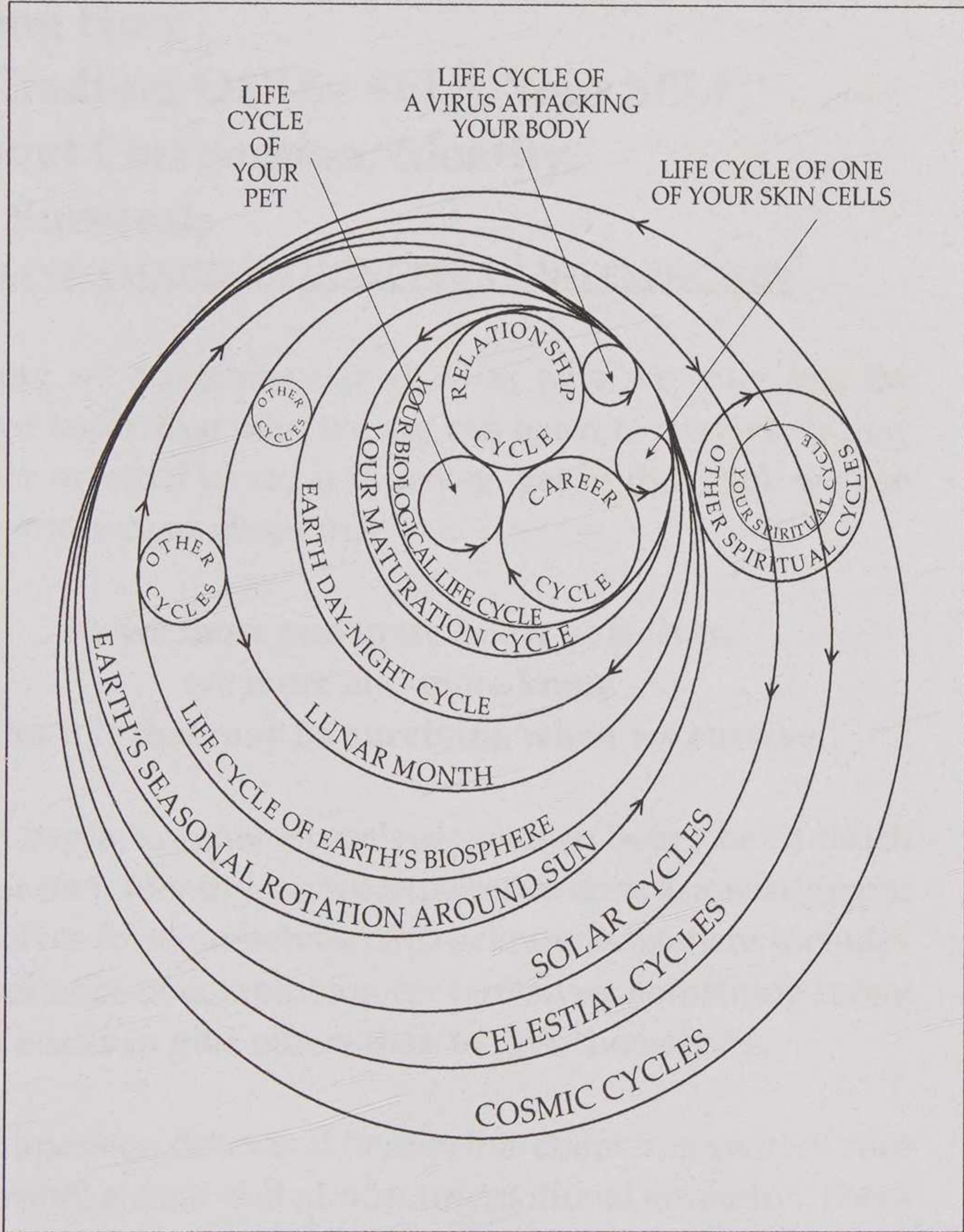


Figure 6.3

Visualization of Being Part of Larger Cycles



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HOW TO DIE AND SURVIVE, BOOK THREE

**Sensing How
The Cradling Of The SELF, Your SELF,
Is About Compassion, Identity,
Even Survival:**

BOOK ONE, CHAPTER 7 CONCEPTS AND EXERCISES

The more we recognize ourselves as who we truly are, the more we know that who we are can learn to survive. It may be rather unusual to say it this way, yet in this book we can become more clear about this:

**As we more and more know ourselves,
we more and more know
who it is that may be surviving when we survive.**

We can begin to sense ourselves, even to better be in touch with our own identity, as we experience an acknowledgment of ourselves from ourselves. This acknowledgement includes the experience of compassion for ourselves, something many find far easier to give others than to give themselves.

This compassion described here in this chapter is a sort of core compassion, a clear and almost unemotional empathy. These exercises provide even the concept of physical motion of self-cradling, to be performed both actually and on an imaginary level, to begin to open these avenues in the SELF, in the mind, spirit, and consciousness.



EXERCISE #7.1

CRADLING THE SELF

The Cradling Exercise that follows is something which should be practiced as frequently as possible. Its gestures are, in themselves, a great teaching.

If you have been the parent of a young baby or have held a young baby, you may recognize the cradling instinct. You may have felt, quite instinctively, the desire to cradle the baby in your arms and to rock it.

You may have felt that biological care-and-feeding drive, that love-protection-nurturing drive considered so essential to the survival of offspring. So you may know something about this because you have done some cradling. Or, perhaps you have a deep memory of yourself being cradled as a baby or child.

Whether or not you do know much about cradling, imagine now that you are cradling a baby . . . And that that baby is you.

Close your eyes. Hold your arms close to you, as if you have a baby in them, gently pressing that baby to your chest. Now slowly move those arms in, further in toward your chest, as if you are embracing yourself. In fact, let your cradling arms hug yourself. That's right, hug yourself, embrace yourself. Let yourself cradle your self, rock your self. Feel as much affection for your self as you can find.

You may find yourself not fully opening to, or perhaps holding back from, or even resisting and balking at, this gesture of self-love. Even if you do not think that you are resisting, you may be a little stiff or a little lost with the concept of fully embracing yourself. This is all



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right. It is not unusual to feel rather detached about, or even uncomfortable about, embracing your self.

Now, still embracing, just pretend that it is not your self you are embracing: pretend that this is someone other than yourself who you know and love.

Or imagine that you care very much for an imaginary person or an imaginary baby, someone to love right now. Cradle whoever it is, real or imagined. Embrace who it is you choose to cradle. Pour as much nurturing and love as possible into that person, all the while holding yourself. Stay with this process a while. Hold for next exercise.

EXERCISE #7.2

EMBRACING A DEATH

Now, still be in this cradling process of the previous exercise. Imagine that you are maybe taking this soul, this spirit that you are cradling, sheltering it, through chaos, danger and fear, through dark hallways, dark passages, maybe through chambers full of monsters. Imagine that you are strongly protecting that being that you love with your strong love as you move that being through a series of threatening or unknown environments.

Keep cradling. See that you are moving that being through a challenging passage. Inform yourself that this is some kind of transition this being is undergoing.

While you are embracing this being that you are pouring love into, imagine for a moment that you are embracing the death of this being, you are embracing the death of this self that you are pouring love



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into. Hold on very tight. Make your embraces as tight as you comfortably can. Hold for next exercise.

EXERCISE #7.3

EMBRACING YOUR DEATH

Wash love over that being. Pour out your love and fully embrace that death. Now, while continuing to lovingly nourish and embrace that temporarily transitioning, dying, being, imagine that that being is truly you. Keep loving and hold on. Hold on. Love yourself. Embrace yourself as you go through this imaginary transition. Now freeze.

You have just made a shift, a leap, in consciousness. This slight shift (increase or change) in the way you administer compassion to yourself is a significant change, whether or not you register it as one, a change in your perspective on — and thus in your experience of -- transitional change of any sort, including death.



HOW TO DIE AND SURVIVE, BOOK THREE

Exploring The Sensations of Being A Physical and Then A Non-Physical Being: BOOK ONE, CHAPTER 8 CONCEPTS AND EXERCISES

This book, along with the other HOW TO DIE AND SURVIVE books, BOOK ONE and BOOK TWO, and all the books in this KEYS TO CONSCIOUSNESS AND SURVIVAL SERIES, are about activating levels of the awareness in the biological brain, and in the mind that this brain speaks to, and in the mind that may be able to learn to operate independent of the biological brain (as is explained in depth in other books in this series such as OVERRIDING THE EXTINCTION SCENARIO, PART TWO).

Here in this chapter, the sense of being a physical being versus being more than or even BEYOND a physical being is touched on. This concept is at this point a sensation, an imagined or perceived sense of being more than just a biological body. Therefore, the basic sense of density is explored in these Chapter 8 exercises.

At this time in our reality and life journey, much of this work we are doing with our minds and brains is done via imagination and visualization. The state of physicality is, in essence, more dense than the imagined or visualized state of lessening physicality and even the state of non-physicality. We can perhaps begin to imagine or feel or sense our consciousness-es stepping forward to reveal themselves to us as not only tied to physicality.



EXERCISE #8.1

BECOMING LESS DENSE

Close your eyes. Imagine that your body is turning to liquid, at first a thick syrupy liquid, then a liquid which becomes thinner and thinner. Imagine that this liquid becomes Lighter as it thins— and then it turns to fluid Light. Feel that you are becoming glowing liquid.

Now, let this liquid become vaporous, misty, and then more vaporous and more glowing. You are turning to Light. As you turn to Lighter and Lighter Light, you become less and less dense. Imagine you move into higher realms of Light—realms of Light into which only Light can travel.

See these realms of Light as layered from darker to Lighter. Move on up through them, toward the Lightest Light, toward your own IDEA OF HIGHEST LIGHT.

Beings, life forms, take on varying degrees of conceptual density. So in essence, this idea says that: A life form locates along a continuum of presence in mostly physical reality, to expanded presence across physical to nonphysical dimensions, SPANNING from most dense to least dense. However, you are seeing that you can move your FOCUS, YOUR AWARENESS, YOUR SELF along this continuum.

Conceptually, fluid Light has far less density than any material liquid such as syrup or water. And vaporous Light has little or no density whatsoever. Imagine that you feel a tingling as you leave your states of density, as you shed your layers of density.



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EXERCISE #8.2 THE LIGHT DIET

Repeat the previous exercise, but now take it more slowly and in greater detail. Inch your awareness very slowly up the scale of decreasing density. Change very slowly from purely and densely physical into what feels to be increasing Lightness—degrees of Light. Notice the vague sensation that you are losing weight.

You are, but not in the traditional way. As this unweighting takes place, the ...

ACTUAL DIMINISHING OF YOUR BODY RELATIVE TO THE EXPANSION OF YOUR PERSONAL CONSCIOUSNESS, YOUR ACTUAL SELF, Begins.

Take some time to think about this: the diminishing of your body.... Say this aloud, "The diminishing of my body ..." And see your physical self shrinking. Now say, "... Relative to my expanding Light body."

See your nonphysical Light body growing larger here. Your physical body is diminishing when compared to your expanding Light body. Relax.

If you are enjoying this sensation, think about what you are enjoying about it. Some of us enjoy roller coaster rides. Some of us do not. This may feel unsettling, even dizzying, if practiced with great concentration.



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You are experiencing the effects of **gravity-lifting**. Let's call this **decohesion, or diminishing cohesion**, and understand this as normal. Your physical bits are sticking together less. Let's call this **conscious entropy**.

Entropy is the tendency of a physical system to spin out, dissolve, disintegrate, wear down, die. You are engaging in conscious entropy. This is all right. You can change, better stated, expand, your make-up substantively this way. Tell yourself, "I expand this way."

EXERCISE #8.3

METAPHYSICAL CALISTHENICS

Imagine that you are shrinking physically and then expanding physically. Practice this shift several times.

Now, imagine that you are shrinking physically while expanding in Light form. See yourself becoming an increasingly luminous, beautiful, form of pure Light as you expand.

Feel relief, or imagine that you feel relief, as your physicality diminishes, as if you are shedding a tattered, heavy, and unnecessary coat.

After a while, your physical body is very tiny compared to your beautiful Light body which fills a huge interdimensional space. Try to maintain this sensation as long as you can, even after you complete this particular exercise.



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NOTE ON FIGURE 8.1

Audiobook listeners may want to see Figure 8.1 in the paperback or ebook version of this book. This figure is a basic diagram of conceptual degrees of density, and relates to the discussion and exercises above.





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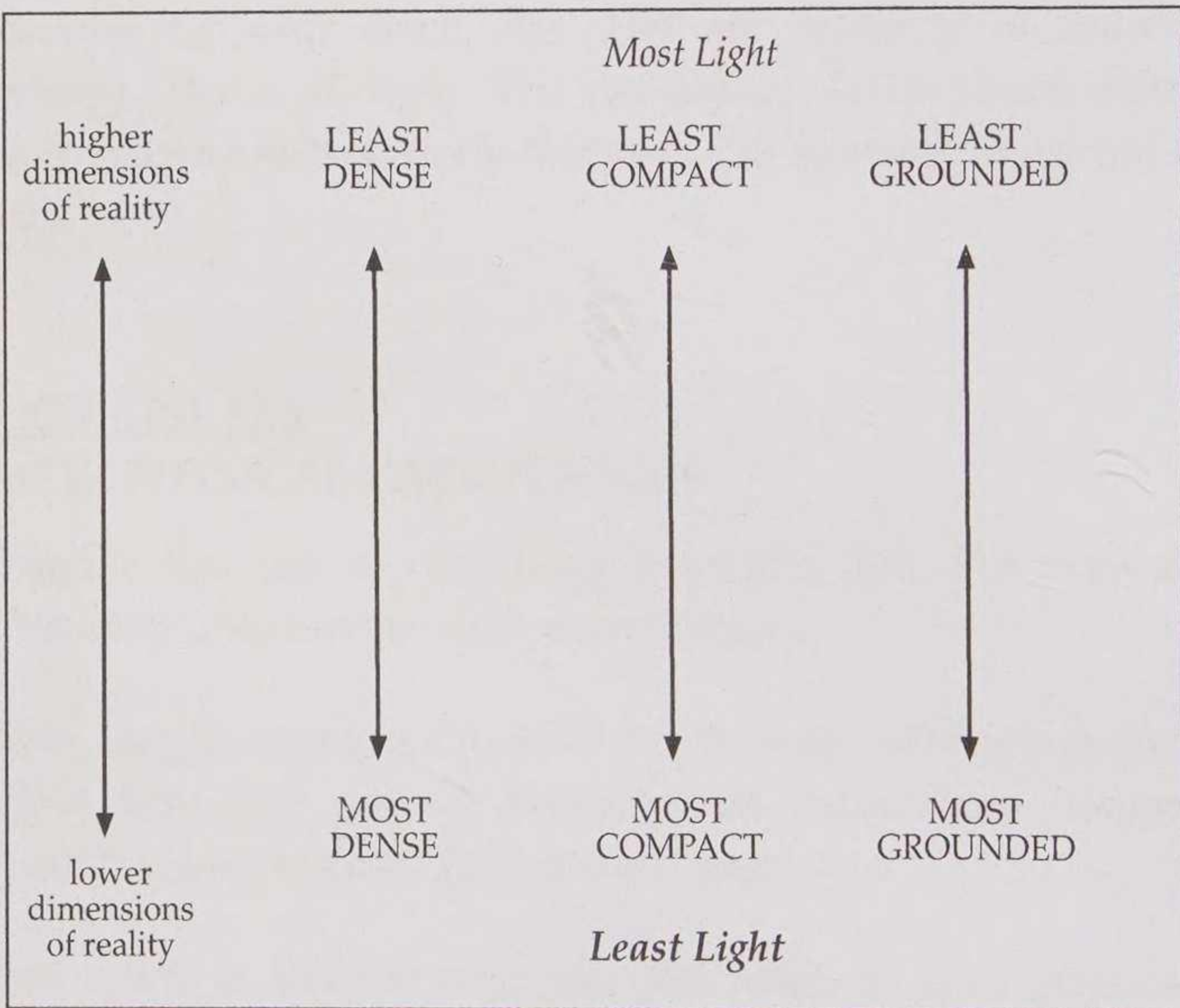


Figure 8.1

More Light is Less Dense



HOW TO DIE AND SURVIVE, BOOK THREE

Training the Mind-Brain to

Extend Its Sensory Awareness:

BOOK ONE, CHAPTER 9 CONCEPTS AND EXERCISES

Extending our awareness of both the physical and the non-physical can be somewhat like exercising our biological bodies to perform in athletic activities. There are many different muscles that benefit by being identified and then exercised.

Our senses may be far more than the basic senses we are used to applying in daily life: seeing, tasting, touching, smelling, hearing. Yes, we are already (and have likely long been) extending our sensory awareness beyond those five basic senses. Indeed, many of you are already well aware of what some call intuition and others say is the third eye.

As we move ourselves into an ever more **aware sense of ourselves, and of our physical and even perhaps non-physical surroundings**, we can gain more in depth information. We can be seeing how we can extend our sensory awareness, even while living our daily lives in physical biological bodies. The following exercises open the door to **increased sensory mixing and further sensory extending of our awareness**.

Again, as with all exercises in this book, these are mental practices, and therefore imagination and visualization can be central in these processes. We are basically stretching our minds here.



EXERCISE #9.1

SENSORY MIXING

Choose a color that you see in your environment. Focus on that color. Now close your eyes. Imagine what this color would sound like if you could hear it....

Now imagine what it would taste like. . . . Now imagine that you are moving—walking, swimming, flying—through this color.

What would this color feel like to the touch? What would it feel like to move through?

EXERCISE #9.2

MULTI-SENSORY MIXING

Pick your favorite color, or a color that you know well, for this exercise. Close your eyes. Try to see this color in your mind's eye. As you do so, imagine that you are hearing it, tasting it, smelling it, feeling it, all at the same time.

Do this for many minutes. Work to run the different sensory modes (such as hearing, feeling, tasting, smelling) at the same time.

Eventually, feel that you have become the color. You hear, feel, taste, and smell like the color. You are now vibrating the color.



HOW TO DIE AND SURVIVE, BOOK THREE

**Sensitizing To Our Non-Physical Reality,
Energy Patterns, Even To The Idea of Light,
That May Be There in Our Mind's Eye:
BOOK ONE, CHAPTER 10 CONCEPTS AND EXERCISES**

We can further develop, fine tune, our sensitivity to what is not always distinctly obvious to us as we live our daily lives. We can become ever more aware of aspects of our reality that we may not sense via our five basic biological senses. As we do so, we begin to see how essential this extended sensitivity is.

Part of extending our awareness can involve using the imagination functions and visual imagery processes our brain can provide us. This sort of exploration is of course creative. Imagining and visualizing are very helpful in developing awareness, as we open pathways in the brain and mind that may not be readily accessed without this practice.

Becoming more aware of things we do not see with our usual biological eyes, and do not hear with our usual biological ears, and do not feel with our usual biological skin cells, is key in extending ourselves---is key in:

expanding our concept of ourselves and our realities

to reach BEYOND what our minds have so far

been telling us about

ourselves and our realities.



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Other books in this KEYS TO CONSCIOUSNESS AND SURVIVAL SERIES define in detail this generally non-physical reality we are herein imagining, visualizing, and accessing. Awareness of this reality is what we are further accepting and developing within ourselves in order to explore and to sensitize to--what other books in this series define and describe as---the **PATTERN TERRAIN**. (See for example, the book, NAVIGATING LIFE'S STUFF, BOOK TWO.)

EXERCISE #10.1

FEELING YOUR ENGULFMENT

Pause now. Close your eyes. Feel for a moment how very engulfed in what you think of as your reality you are. See what you have been defining as your world.

Do not, for this moment, look beyond your so-called world. However, try to see its boundaries, its walls.

EXERCISE #10.2

SEEING THE MISTS

The beyond is here now. It surrounds you. Its sweet mists waft subtly into your material world. Close your eyes and you will see this.

With your eyes closed, allow yourself to imagine that the Light mists of another world are flowing into yours.



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Should you doubt this imagery of Light, disbelieve its veracity, temporarily suspend your disbelief. Fully believe in and see this Light for a while. You can return from this imagery of Light misting into your "real" world at will. There is thus no risk in exploring, in simply imagining, this possibility.

Imagine for a moment, believe in for a while, and see, experience, the Light mists flowing in around you.

This is your Light. You can sense it, see it, generate it, contact it, be with it, follow it, be it. Hold for next exercise.

EXERCISE #10.3

EXAMINING THE LIGHT

Your eyes are still closed. Again, see the misty Light flowing in from another world. Note your doubts, if any, regarding the realness of this Light. Doubts are alright, even can be part of the process.

With your eyes still closed, and while looking at or imagining that you see the Light mist, organize your doubts into a quiet system, grouping these doubts and maybe even noting which are main doubts and which are subdoubts.

Continue seeing the Light mist. Imagine that your doubts about the realness of the Light mist are being written on a chalkboard on wheels.

Once you have vaguely organized your doubts, think of these as a body of information which can be held, with great respect, off to the side for a while.



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See yourself pushing the rolling chalkboard off to the side.

Your imagination is revealing something to you. You can see now, beyond this list of doubts, into a special place. This place is full of information about the possible nature of your idea of highest Light.

This place is full of Light! Each piece of Light is a bit of information, an idea about Light.

Allow all these bits of information, whether imaginary or real to you, to come in to your awareness.

Savor these ideas. Experience them. Enjoy them as wonderful possibilities, utopian dreams, or fragments of fairy tales, if that is how you wish to have yourself see this imagery of Light.

Just practice seeing the Light, and knowing it.

Hold for next exercise.

EXERCISE #10.4

DANCING WITH LIGHT

Now, with your eyes still closed, imagine that a mist of Light flows to a place right in front of you. Reach into this Light with your hands.

Now, with your eyes still closed, imagine that you stand, or actually do go ahead and stand, to greet this Light.



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Treat this Light as a dance partner. Imagine that you are dancing with this Light, or actually do begin to physically dance with this Light.

As you dance, see yourself swirl with your Light partner into a paradise full of Light — whatever that paradise may be to you.

Dance on for a while. Then freeze. Note how you feel.



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HOW TO DIE AND SURVIVE, BOOK THREE

Exploring The Atmosphere,

The Space, The Light:

BOOK ONE, CHAPTER 11 CONCEPTS AND EXERCISES

Those of you who have traveled to various countries around this beautiful planet Earth may have experienced what it is like to shift cultures and social realities – even to find yourself in a place that feels foreign to you. (Of course, you may not need to visit other countries to find very different cultures and realities. Look around.)

In essence, most in-life change and transition, and perhaps also what we may at some point discover is what lies beyond this life for us, involves a change in atmosphere – which in this sense is a change in our reality.

We can develop in our brain, or in our mind, or in our mind's eye, perhaps even in our consciousness itself, our sense of the atmosphere we are in, or are moving to and from. The term, *atmosphere*, here speaks to more than just the air we breathe, or if we are deep sea animals, the water we take in. Atmosphere here refers to the space we are in, and leaves room for further understanding and definition as we explore this atmosphere – this reality.

Part of further defining this atmosphere may even involve imagining or visualizing or creating a sense of this atmosphere, some idea of atmosphere that we can develop in our mind, in our consciousness. We can begin this development, this exploration now, to begin to sense that



there are vast options open to us. This can allow us to explore what it may mean to find ourselves moving into and through new or changing situations, atmospheres, and realities.

Again referring to the *PATTERN TERRAIN* defined in other books in this KEYS TO CONSCIOUSNESS AND SURVIVAL SERIES, we can begin to see ourselves knowing more about what it might be like to sense, and even more so, to move into, a changing pattern, or atmosphere, or pattern terrain.

Becoming ever more aware of the unseen, perhaps vague, subtle, aspects of the atmosphere or terrain we are moving into and through, can help us adjust to both minor and major changes in our realities. We can experience these changes in daily life, and in end-of-life situations as well, and perhaps also in after-life realities. Having explored such possibilities allows for later adaptation to new and unforeseen realities we may encounter while living here on Earth and perhaps also while moving BEYOND.

EXERCISE #11.1

READING THE ATMOSPHERE

With your eyes open, examine the space (or atmosphere) in front of you. Reach out and run your fingers through it.

Leave your hands out in front of you and close your eyes. Imagine that your fingertips have become super-sensitive.

Run those fingertips through the air and imagine that you feel the differences in the density, the thickness, of the air.



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You may find pockets of relative emptiness, spaces where your hands reach or move differently.

Move your hands delicately to maximize their sensitivity.

Also imagine that you feel subtle streams of air or energy moving past your fingertips. Allow your fingertips to follow these imaginary streams.

Continue feeling the atmosphere with your fingers into the next exercise, opening your eyes as you do.

EXERCISE #11.2

BREAKING THROUGH

Now imagine that the atmosphere in front of you is opening—cracking a little or tearing gently. Reach into the opening with your fingertips and pull the opening further open.

As you do this, imagine that what pours in through the crack is a very different, far brighter, far Lighter gleaming atmosphere.

The gleam continues to pour in. You are soon immersed in this new atmosphere and you love it.

Imagine that something about the Light that is pouring in is so clean, so pure, so refreshing, so far beyond the Light you have been seeing with your eyes in your daily life—your material plane reality.

You feel the Light filling your eyes until everything you see looks to be of this Light. If this is difficult to visualize with your eyes open, close your eyes now to see more.



EXERCISE #11.3

ENHANCING THE LIGHT

Close your eyes. Scan the back of your eyelids. Notice that what you see with your eyes closed is not an even field. There are degrees of, shades of, and sometimes even colors of dark and Light there. Sometimes, the degrees are so very subtle that they are hard to detect, but they are always there.

Now, with your eyes still closed, roll your eyeballs up as far as they will go, as if you are looking at the inside of your forehead. While in this position, close your eyes even tighter. Keep the eyes closed tightly, and hold the eyeballs rolled back.

Now, with your eyeballs still rolled back and your eyelids still closed, relax the tightness of the lids. Now tighten the closed eyelids again. Continue this way, loosening and tightening your closed eyelids, always with your eyeballs rolled back. Loosen. Tighten. Look for variations in the Light you see on the insides of your eyelids, or in your interior visual field. Hold for next exercise.

EXERCISE #11.4

CLARIFYING THE LIGHT

Keep your eyes closed. Choose the Lightest bit of Light you have been able to find during the scanning you have been doing in the previous Exercise. Find this Light again. It may float around. Do whatever you can to follow it or reinvoked it with your eyeballs. If you cannot follow it or reinvoked it, find another bit of Light, or create a bit of Light to focus on by imagination or by memory.



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Gaze at this piece of Light. Imagine that it becomes brighter and expands. Enjoy whatever colors you see in this Light, if any. Stay with this Light, focus on it, even if it changes. Continue raising its brightness and Lightness, however that appears to you.

Now, exercise your mind's eye.

Transform the Light you are studying to something even more expanded and Lighter and brighter than it has been. If your Light is a particular color of Light, try turning it to a white Light which is Light combining all colors. If your Light is white, or when it becomes white, try brightening it further. Examine it for clarity and purity. Is it an evenly bright Light? Can you brighten up its denser areas or streaks? (Note: If you find that your highest Light appears more as a violet Light or some other luminous color of Light, then work with that understanding of your highest Light.)

Stay with the Light.

With your eyes still closed, clarify this Light. Clean it with your energy, as you run your examining inner eye through it, as if your examining inner eye were a rake or a grid. Clean the Light. Clarify the Light. Remove any dense, dark, or irregular areas of uneven Light.

As you clarify the Light, find yourself feeling more and more pleased with it, and more and more attracted to it. Create a Light as pure as you deem possible. See this Light become more and more luminous.



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HOW TO DIE AND SURVIVE, BOOK THREE

Prayer Gesture As

Mind Mobility Training:

BOOK ONE, CHAPTER 12 CONCEPTS AND EXERCISES

The exercises in this chapter involve movements (or imagined movements, either is fine) made by the physical body in order to speak to the brain and to the mind, even to the mind's eye, and to the spirit, even to the personal consciousness itself, about moving our focus to and from the physical body.

Note again, as is noted many times in all the books in this series, nothing here is about leaving the physical body for good. For example, nothing here is about suicide or euthenasia. Everything here is about training ourselves carefully while we live here in physical biological bodies.

Instead, we are talking about training the brain and mind, the spirit and self, the consciousness itself, to understand what the possibilities of survival of the SELF may be.

The exercises in this chapter involve various steps in what this book calls the **HOW TO DIE AND SURVIVE Prayer Gesture Sequence**. By thinking about and conducting these simple exercises, you are speaking to your brain and to your mind about the possibilities of extending yourself, your awareness, your focus, beyond your usual everyday physical plane and biological body reality.

(Readers and Listeners are encouraged to see the other **HOW TO DIE AND SURVIVE** books for in depth discussion of all



this, and also to see other volumes in this KEYS TO CONSCIOUSNESS AND SURVIVAL SERIES, such as Volume 3, titled, UNVEILING THE HIDDEN INSTINCT, and Volume 7, titled, KEYS TO ACCESSING THE BEYOND.)

EXERCISE #12.1

INSCRIBING PRAYER GESTURE IN YOUR ENERGY MEMORY

Place your hands together, fingertip to fingertip, palm to palm, flat against each other (as in Figure 12.1). Hold your hands as they are placed together, directly in front of your chest, with your elbows bent. Feel your hands touching each other. Get a sense of what this feeling is. Try to become very aware of this. Close your eyes and feel your fingertips and hands pressing together.

You will never forget this feeling. This feeling, whether or not you have hands to place together, whether or not you have a physical body at a time you might want this feeling, can always be replicated in your energy memory. With your eyes still closed, hold this position for many minutes.

EXERCISE #12.2

PRACTICING ASCENSION PRAYER MOTION

Now, with your hands still pressed together, press them more intensely into each other. Slowly, very slowly, raise that prayer, those hands in prayer position, slightly upward along your central



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vertical axis, moving your praying hands a little bit upward in front of your body, parallel to your backbone.

Keep those hands in prayer position all through the exercise.

Move your praying hands from a lower point in front of your chest, further upward, remaining parallel to your spine. Move your prayer upward along your vertical axis as it goes up in front of your throat, up in front of the center of your face.

Keep raising your hands, fingers still pointing toward the area above your head, still in prayer position, continuing until your praying hands are located above your head, (as in Figure 12.2).

Hold a moment.

Now, very slowly, move your hands back downward, holding the prayer position. Keep those hands vertical along your vertical axis, moving them downward in this vertical position as far as they will go.

Do this entire motion—up and down—ten times. Complete the exercise with the hands still in prayer position, in front of your chest.

Hold for next exercise.

EXERCISE #12.3

PRACTICING OPEN ASCENSION PRAYER MOTION

With the hands in the prayer position, in front of your chest, focus for a moment on the ridge of your knuckles in each hand.



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Move these two knuckle ridges away from each other, pulling the palms of the praying hands away from each other, but leaving the finger tips and wrists in contact. Your hands are still in prayer position, but you have created an open space, a special space, a sacred vessel, between the palms.

Try to form a diamond-shaped space between your two still-touching hands (as in Figure 12.3).

Now, go through the exercise described above (Exercise #12.2), moving those hands upward, vertically, in prayer position—but now in this opened-up prayer position. Hold when you reach the highest point above your head.

Move your open prayer up and down your vertical axis several times. Complete the exercise with your hands still in open prayer position, with the diamond-shaped space still between your palms, with your praying hands back in front of your chest. Hold this position for the next exercise.

EXERCISE #12.4

CREATING A SACRED VESSEL FOR YOURSELF

Begin in the position in which you completed the previous exercise. Your open-praying hands forming the diamond-shaped space are in front of your chest. Focus on that enclosed space between your hands.

Imagine that you are in that diamond-shaped space between your palms. Imagine climbing in if you have to. It may be hard for you to imagine that your entire body is in that space. If it helps, imagine



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that you have shrunk in size and that your entire body is actually able to fit into that space.

Otherwise, just take your personal consciousness, the part of yourself that has no physical body, your SELF, the idea of your mind's eye, into that space.

Hold this position and thought for next exercise.

EXERCISE #12.5

MOVING YOUR SACRED VESSEL

Now, repeat the motion of the earlier exercise (Exercise #12.3), in which you moved your praying hands (open prayer position) along your vertical axis, up in front of your throat, in front of the central part of your face, up parallel to your forehead, and out above your head.

All the while, hold, very, very carefully, your SELF awareness, your consciousness, in that space between your palms.

Now, very slowly, very deliberately, pull your hands and your SELF back down to the space in front of your chest. Feel as if you are protective of your SELF as you do this.

Repeat this exercise several times, attempting each time to pull more and more of your focus, more of your attention, into the space between your palms.

Feel as if you have left your body and are now just living between your palms.



Eventually return your praying hands, your sacred vessel, to the position in front of your chest. Hold for next exercise.

EXERCISE #12.6

RELEASING FROM YOUR VESSEL

Repeat the previous open prayer exercise, in which you are moving your sacred prayer vessel, with all your attention, your SELF, your consciousness, between the palms with which you form this vessel. This time, move your hands, ever more slowly, as slowly as possible while still moving, up along your vertical axis, up and up, up as far as they will go, without undoing your open prayer position, stretching way up above your head.

Hold your SELF between your palms, way up there. Hold there.

Your consciousness is now up there in the diamond-shaped space between your palms. Focus on this consciousness. Attempt to strengthen, to make more potent, more clear, your consciousness as it sits there above your head between your palms. With concentration, expand yourself between your palms, so much so that you begin to push on the inside of your palms, pushing, pushing as if trying to push your hands apart from each other because your SELF is too large for that space now.

Now, very gently, very slightly, separate your hands. Let the palms and fingers and wrists be near each other but not touching. Stretch your hands out above your head a little further, with the hands now being stretched parallel to each other, parallel and untouching, (as in Figure 12.4). If you are lying down, consider this reaching



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“upward” as a moving toward the area beyond the top of your head. If you are sitting or standing, reach for the sky.

Hold your reaching, now in a parallel untouching palms position. Take a deep breath. Hold that breath a moment.

Now, as you release that breath, see yourself escape upward from between those hands. Stay with your escaping SELF. Keep going upward, out beyond the top of your head. Continue this ascending, this climbing. Notice what you imagine happens to that SELF, that idea of your SELF, that has escaped from between those palms.

As you do, visualize that a string runs from your SELF, your consciousness, out there, back down into your axis, on down into your physical body. For a while, stay out there above your head, above your physical body.

EXERCISE #12.7

DELIVERING YOUR SELF

Now pull your consciousness back to your hands. Return your SELF to the space between your parallel hands above your head. Now place your fingertips and wrists back together. Your conscious is between your palms now.

Slowly pull your SELF back down in front of your chest, still between your palms.

Hold your SELF there, being very aware that you are between your palms. Now aim the point created by your fingertips in various directions other than beyond the top of your head, other than



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upward: directly in front of you, downward, to the side at various angles.

Pick a beautiful, serene spot that you would like to temporarily send your SELF, to send the SELF still between your palms. This spot can be upward, downward, sideward — very far away or somewhere very near. Move your palms, with your SELF concentrated between them, toward that space as far as you can reach. Hold a moment.

Then, as if you were releasing a baby, separate your hands slightly, so that they are parallel. Take a deep breath. Relax and breathe out. As you do so, temporarily deliver yourself into that space you have chosen for your SELF. See how that string in the previous exercise continues to connect back down to your physical body.

For a while, imagine that you have entered and continue to be in a beautiful, serene, and very safe space. Know that you have taken very good care to temporarily deliver your SELF, your consciousness, your attention, into this safe space.

Breathe a sigh of relief. Hold for next exercise.

EXERCISE #12.8

RETURNING TO CENTER

Stay there in your safe space. Develop a detailed picture of that place. Use your imagination to enhance this picture. Pull as much Light as you can into this picture.



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Explore the space. What does it look like? What can you do there? Where is it? How does it feel to be there? Pull as much good feeling and pure love as you can into this picture.

Now, to return, come back to your physical body, pull your attention back, to the space between your parallel hands. Once you are back between your hands, put your finger tips and wrists back together. Pull your open prayer diamond shaped space back to the area in front of your chest.

Now take your SELF and press it back into your body, by turning each of your palms toward your chest and pushing them into your chest.

Welcome back.

Your SELF, your consciousness, or you can call this your imagination if you prefer, are free to come and go at will using the methods in this chapter.

Always return for now, to the place and position from which you start each exercise, until a much later time when you fully understand what is involved in leaving or leaping out of physicality for good, as is discussed in other HOW TO DIE AND SURVIVE books, and other books in this series.

NOTE ABOUT THE FOLLOWING CHAPTER 12 FIGURES

The following Chapter 12 Figures diagram various steps in the HOW TO DIE AND SURVIVE **Prayer Gesture Motions** that have been described in the Chapter 12 Exercises on the previous pages. Audiobook listeners are encouraged to see



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the paperback or ebook versions of this book for these helpful diagrams.

All Readers and Listeners are encouraged to think through the visual aspects of the motions described in this chapter and its figures. This allows the brain to further consider these motions and gestures, to feel the effects of speaking to the brain and mind and spirit through the physical body.



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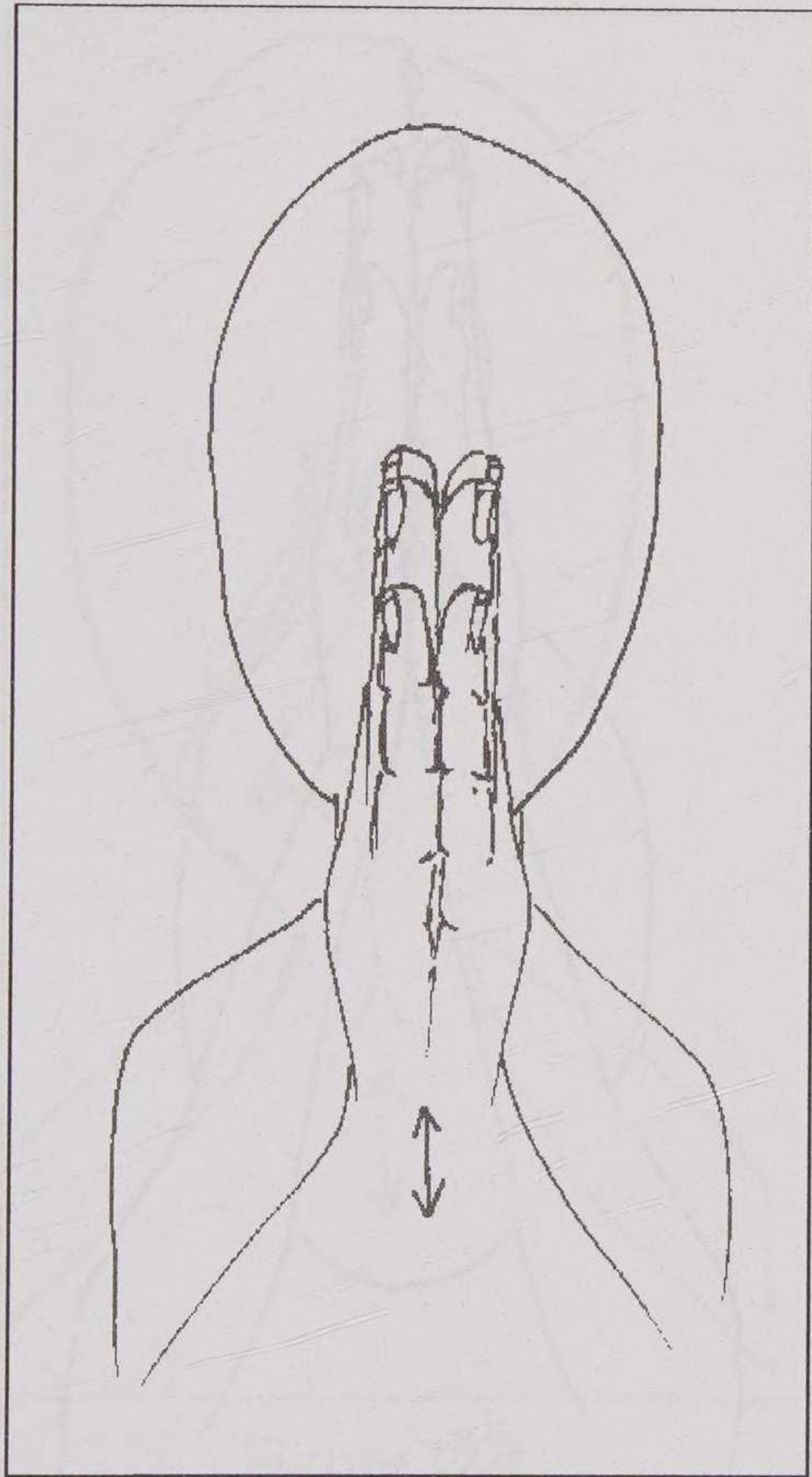


Figure 12.1
Prayer Gesture

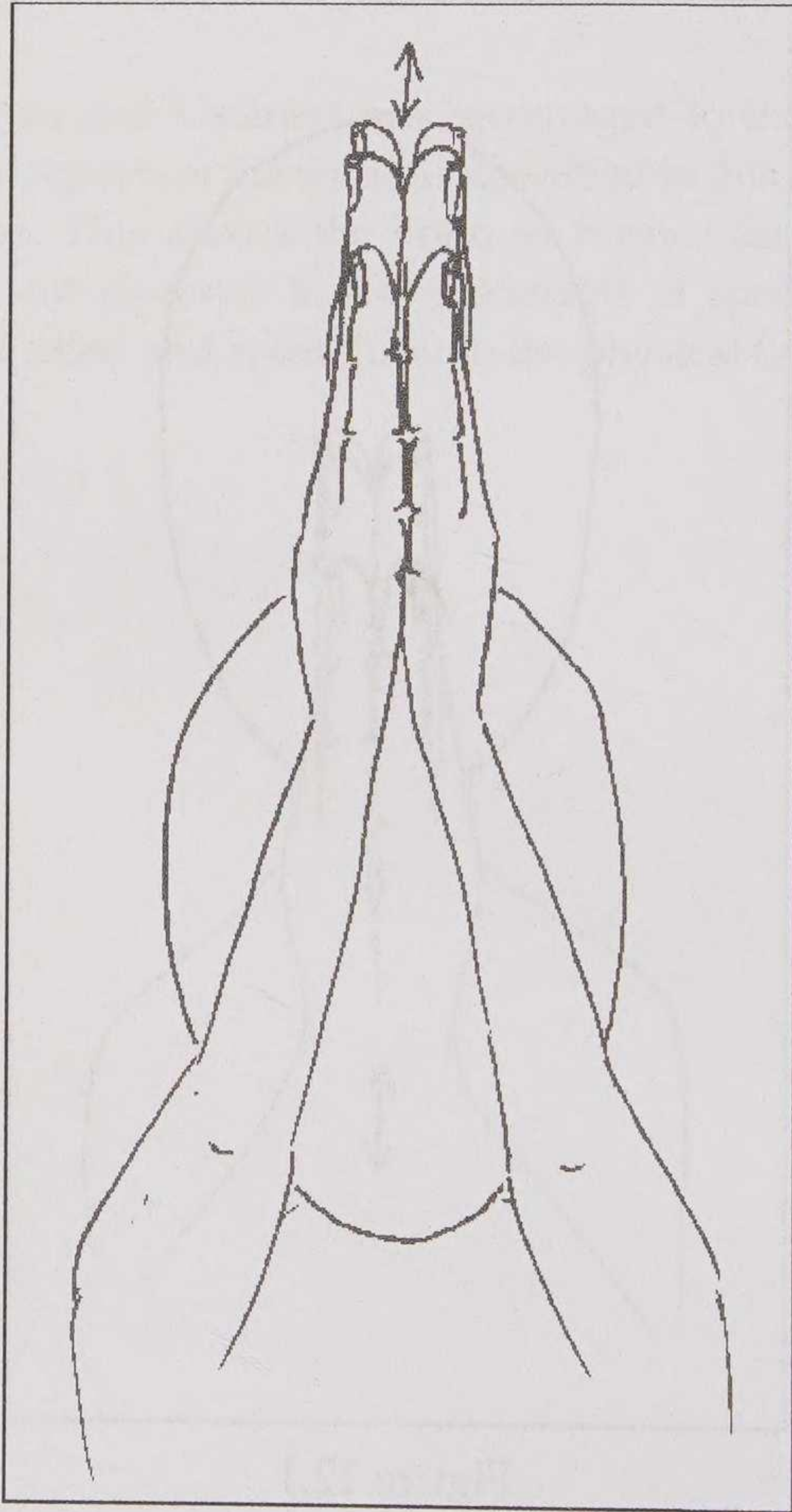


Figure 12.2
Extended Prayer Gesture

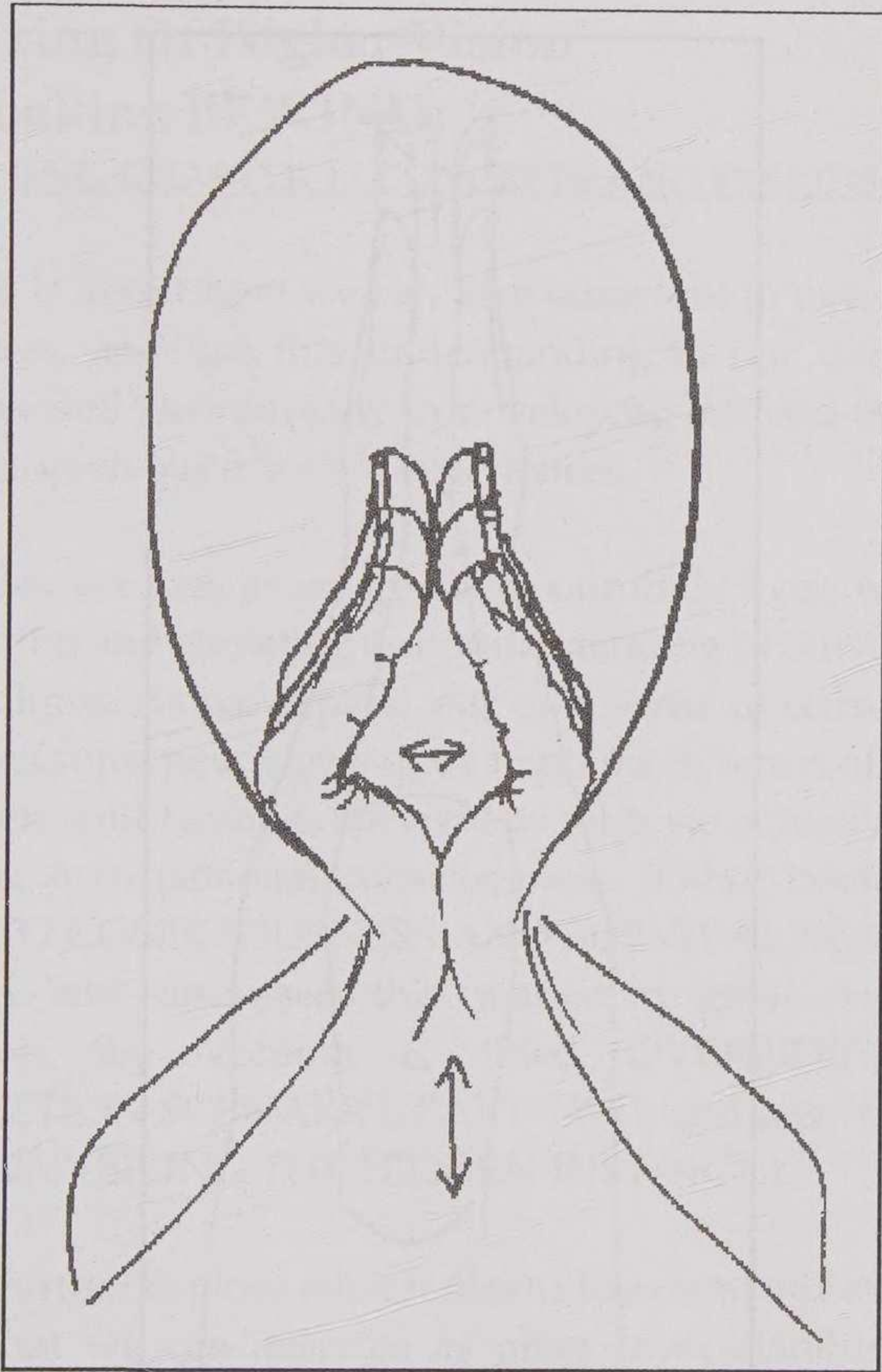


Figure 12.3

Open Ascension Prayer Gesture



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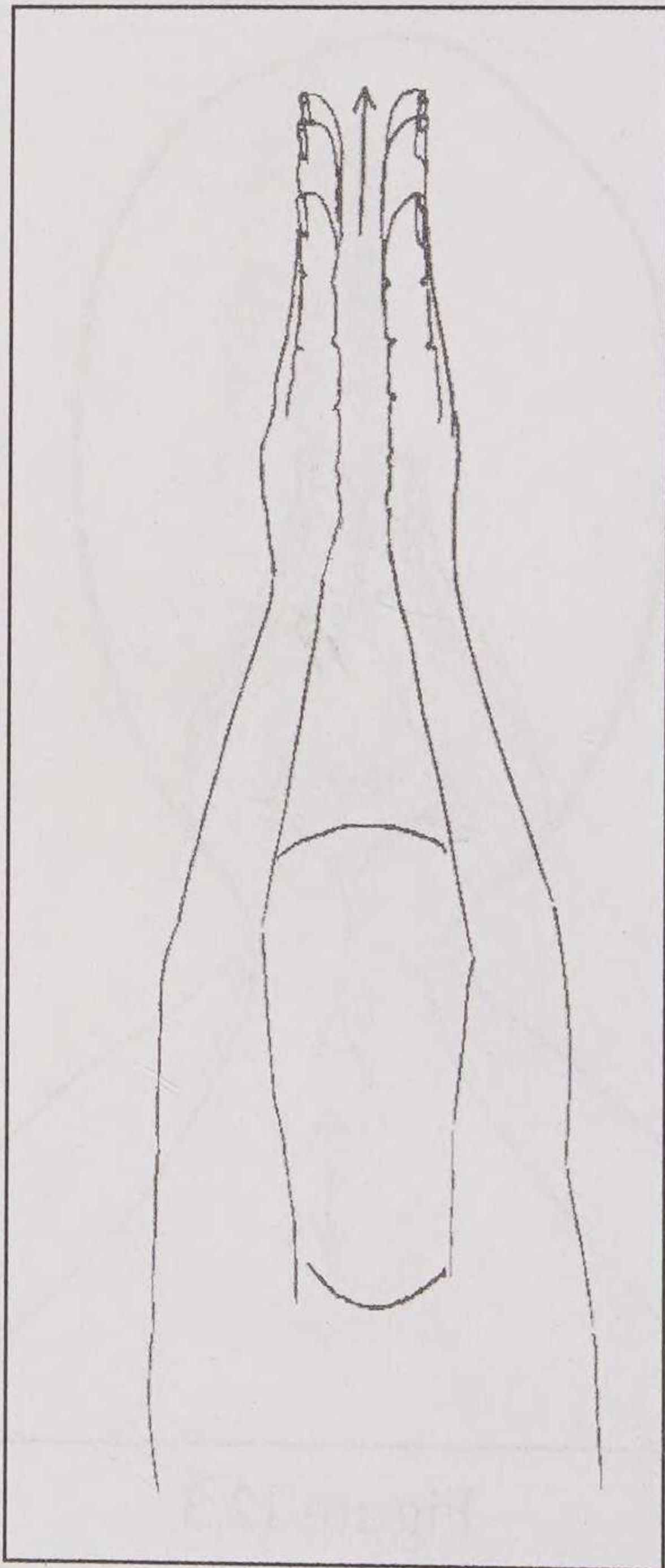


Figure 12.4
Deliverance Prayer Gesture



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Thinking Of Higher Vision

As Looking BEYOND:

BOOK ONE, CHAPTER 13 CONCEPTS AND EXERCISES

All this is about how we can take ourselves to new levels of ourselves, and use this understanding in our daily in-life lives, as well as eventually in developing our end-of-life and perhaps even our after-life experiences.

Everyday we live, as we go about our daily lives, we can be expanding and elevating our understanding of ourselves and our realities. As we expand our own sense of ourselves, we can even form new views of our options in terms of survival both here and beyond, survival as who we actually already are: our own personal consciousness. (Other books in this KEYS TO CONSCIOUSNESS AND SURVIVAL SERIES have defined and discussed this matter in great depth. For example, see Volume 6, titled OVERRIDING THE EXTINCTION SCENARIO, PART TWO, and also Volume 3, titled, UNVEILING THE HIDDEN INSTINCT.)

As we further explore what it means to extend our awareness into what we can describe as other understandings, even other atmospheres, even other dimensions of our realities, we find we can use the tools we already do carry within our brains and minds. For example, we all carry our own great resources in terms of our creativity, imagination, and visualization skills. We are constantly using these skills or functions, much of the time not realizing we are so doing.



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Our minds can extend us into realms beyond our everyday realities. All this leads us to new levels of what it may feel like to see beyond everyday physical plane reality.

We can apply the sense of extended awareness (or interdimensional vision) to ideas and possibilities we are exploring. While fascinating, this is not only for fun or entertainment, but also for creating working ideas and living spaces, and also for possible survival reasons.

EXERCISE #13.1

INITIATING THE VISION

Stand if you can. Otherwise, imagine that you are standing. Place your left hand on top of your head. Place your right hand over your heart.

Close your eyes in order to imagine this ceremony:

You stand at the center of a circle of unidentifiable beings, each made of a very beautiful Light. These beings are dignitaries of some sort. After a long period of silence, the beings step forward to you, closing their circle around you.

One by one, the beings hold their right hands over but not touching the top of your left hand which you still hold atop your own head. Each being places a right hand atop the hand placed there by the previous being.

One by one, with each hand being placed, you feel and see a bolt of cool and soothing Light race into you from those hands, into the top



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of your head, down your back along your spine, and then up the front of you to your heart.

The energy grows, the Light grows. It becomes quite intense. For a moment, you feel you are being softly electrocuted, but then you tell yourself that this series of energy surges is too lovely to be an electrocution.

You start to vibrate, to shake. Your eyes are still closed. The dignitaries fade away as you begin to shake a little more. Shake. Now stop. Open your eyes. Feel that the world looks somehow different.

EXERCISE #13.2

RAISING THE EYES

Close your eyes. Become as aware as you can of all that your eyes feel. Notice that there are sensations around and even in your eyeballs. These sensations take many forms and can be quite faint. Continue to detect these sensations.

Open your eyes. Fix your gaze on something in your visual field. As you look at this object of your gaze, feel again the sensations around and even in your eyeballs. Feel that seeing this object is, in a way, forming a relationship with it, causing an exchange of energy with it.

Now close your eyes and imagine that you are still seeing the object of your gaze. Put this object in your forehead. Feel that seeing this object is exchanging information with it. As you do this, see the object turn to Light. Feel your forehead turn to Light.



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HOW TO DIE AND SURVIVE, BOOK THREE

**Exploring The Sense of
Raising One's Energetic Level,
Frequency Shifting, Quickening:
BOOK ONE, CHAPTER 14 CONCEPTS AND EXERCISES**

As we begin to extend our awareness into ever more subtle, seemingly less visible, less physical aspects of ourselves and our realities, we are working on several levels of ourselves. These HOW TO DIE AND SURVIVE books offer the opportunity to think through, to explore, ideas and concepts, even processes, that open further our minds to the sense that in addition to our daily life in our physical plane reality, we may have a non-physical reality to get to know. We can get to know better these realities, even further define and develop these realities for ourselves.

As we do this, as we engage in the processes and exercises and thoughts offered in these HOW TO DIE AND SURVIVE books, we are exercising not only our minds, but our biological brains themselves. Thinking these generally simple and creative thoughts allows us to develop further our own brain's awareness of what may be right in front of us at all times: THE BEYOND.

The exercises in this chapter explore the idea that we can imagine ourselves shifting, raising in frequency, to meet a situation---to be aware of what may be taking place on what we can think of as an intuitive level, or a BEYOND simply physical level.



EXERCISE #14.1

SPEEDING UP AS FREQUENCY-SHIFTING

Lie still, with your eyes closed. Imagine that you are on some kind of train that has been stopped for quite some time. Now imagine that this train is slowly entering into motion.

From being what seems to be entirely still, you begin to move what seems to be ever so little, not even a few miles per hour. Then, you move a few miles per hour faster . . . And then a little faster. Then faster. . . .

Now you are moving at freeway speed, as though you were driving on the freeway, at that freeway speed, whatever this may be for you. Now faster. . . . Now you are moving faster than you have ever driven a car, (if you have ever driven a car).

Now you are moving even faster than that, maybe at the speed of the fastest Bullet Train. Now you are moving at the speed of the fastest supersonic jet. Now you are moving at an even faster speed, faster than the fastest jet, however this speed feels to be in your imagination.

Now you are moving through space at the fastest speed you can imagine.

Feel yourself speeding up beyond any speed you have ever before imagined.

Note that the train you were in has dropped away from you now, but that you are still moving rapidly through space. Imagine that



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while this is taking place, you are retaining your body. Yet your physical body is not moving you, nor is the train you were on. There are no wheels moving you; no engines are moving you.

You, yourself, are moving your SELF. Your awareness, your Force of Will, your personal consciousness, are propelling you through space. You are moving very rapidly. Steadily increase your speed as you enter the next exercise.

If you are moving into the next exercise right away, then keep your eyes closed.

EXERCISE #14.2

QUICKENING

Continue from last exercise with closed eyes. Or, close your eyes now.

Recall from the last exercise the following:

You, yourself, are moving your SELF. Your awareness, your Force of Will, your personal consciousness, are propelling you through space. You are moving very rapidly. Steadily increase your speed....

Now you are moving far more rapidly. You can feel each of your atoms, or perhaps electrons and other smaller bits, vibrate. Everything in you is vibrating.

You are speeding up, quickening. Like water boiling, at a certain point, the speed of that boil vaporizes the water. Now you vaporize.



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Your particles quicken. You do not disappear, you do not die, you simply vaporize. Your body evaporates.

You vaporize, thinking that this could be the end—the end of your consciousness, the end of your awareness, the end of you. However, as you vaporize, tell yourself to stay conscious. Say, “Remain conscious.” Know that you can die and survive, that indeed this is not death.

Do not let go of your awareness. Finish vaporizing. Keep on quickening. You are moving ever more rapidly, now. You have no physical shape now. Now you move as racing vapor. You remain conscious.

It may be hard to imagine vapor moving so quickly, because we tend to think of solid objects and solid bodies being moved, and moved quickly, propelled through space.

Nevertheless, picture yourself as a vaporous cloud hurtling through space at what you imagine to be the speed of Light, and then faster than the speed of Light, and then faster than that, and then seemingly moving more and more quickly, quicker and quicker.

Keep going at this astounding pace, becoming increasingly vaporous. Keep going, keep on with this quickening.

Freeze. Keep your eyes closed.

You are suspended in space, far, far out of your body. Are you breathless?



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Float and swim and poke around out there as if you had a body. You are still conscious. Examine what you are now.

Get to know your consciousness while it is way out here. Study your consciousness for quite a while. See your SELF as a non-physical body or presence.

Now clap your hands and return to your physical body. Open your eyes.



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Sensitizing To

Cordings And Attachments:

BOOK ONE, CHAPTER 15 CONCEPTS AND EXERCISES

As we gain an ever greater overview of the patterns of our lives, we begin to see networks of systems, energy patterns we and others form around, within, and throughout us. These networks are in essence webs of attachments and their cordings. These networks are what we engage with, even frequently form or fuel for ourselves. Of course, there are times we are caught in webs or networks not entirely or at all of our own making. We want to be able to spot these as well.

As we grow increasingly aware of the sensation of being caught or suspended within webs and networks, we begin to see how easily we take these as being part of life, part of our lives, part of living. When then a network or web must be changed or left, this itself may feel somewhat like dying. This is because we on some level confuse ourselves with all of the attachments we are experiencing. We are frequently practically addicted to these attachments themselves. (See again another book by this author, where this **addiction to attachments** is discussed, **SEEING THE HIDDEN FACE OF ADDICTION: DETECTING AND CONFRONTING THIS INVASIVE PRESENCE.**)

The strings or cords woven together to form the networks we live within or are caught in -- attach us to persons, even to objects and events, even to emotions we engage with or engage in, in our lives.



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We do best to pay attention to all this, as we will want to be able to **ever more consciously navigate the network of energies and attachments we weave and or get caught in** as we live, to see how these are affecting us, to see how to move through and where necessary change or move beyond these.

The following exercises touch on this matter of the cords we form or are otherwise tied to. There are many ways to begin to better detect these cordings. Seeing how tied to, even entangled into, our emotions (and thus into our emotional bodies) we are is a start....

We can increasingly sensitize ourselves to the many networks of all kinds that we are enmeshed in while here in this physical plane, in these biological and emotional and social bodies. **Certainly, many of these networks or webs are life sustaining, and needed.**

Yet, we can begin to see ever more about where there may be barriers to healthy healings, changes, transitions, endings, minor and major pattern and situation and body deaths.

Think of the sea bird entangled in a fisherman's net. The bird wants to fly, yet the net holds the bird down. Will the bird break free of these cords to survive?

NOTE: In the following Chapter 15 Exercises, you will be diagramming, or at least imagining, one or more of your own **ATTACHMENT NETWORKS**. You will begin to see the tip of the iceberg, some portion of the many **WEBS YOU AND OR OTHERS AROUND YOU WEAVE**.



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EXERCISE #15.1

SOURCING FEELINGS

Note an uncomfortable emotion you may have experienced, even momentarily, even if only fleetingly, sometime recently. Source these feelings:

Ask yourself, "Is this my emotion? Are these my feelings?"

Run down the list of your relationships. "How do I feel about my family? Is there anyone I'm close to who hasn't felt right lately?" "Is anyone worrying me?"

Take each person separately and ask yourself why he or she may be worrying you.

Then ask yourself what your sense of being worried, or concerned, is. Is this an emotional experience for you? Are these your emotions?

Next look at how you have been feeling. Have you been sleeping well? How are your finances? How is your primary relationship, if you have one?

Deliberately name one person you are closest to and say, "Chris. How is Chris feeling? Does Chris feel to me as if Chris is alright?" Then ask yourself, "Do I feel to me as if I am alright?"

Consider a few more of the more memorable emotions you have experienced recently. Source these feelings as well: "Is this my feeling? Or someone else's?"



EXERCISE #15.2

SEEING THE LARGER MANIPULATION

Think of your body as a vehicle.

Think of your life as the road your vehicle is traveling on. Drive along for many minutes. Think of yourself as the driver. Sightsee memories of your life, along the side of the road.

While you drive, consider this: in the cosmic order of things, there are, of course, far larger relationships than the relationship between yourself and your vehicle, and between your vehicle and your life path or road.

There are so many strings or cords attached to your SELF, to you, the driver. In fact, as a driver, you at times tend to be a marionette — with other forces far greater than you pulling your strings. You are not always in control, are you?

Feel yourself driving along.

Imagine that there are strings attached to your hands, your eyelids, your shoulders, your lips. Imagine cords attached to your chest, pulling it in and out, causing you to breathe.

Generate the sensation that you are not driving your vehicle, that you yourself are being operated. Be a puppet on strings. Drive along this way for a while.

Now see the memories you drive by as memories that are also on puppet strings. Try to see who all have been pulling on those strings.



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EXERCISE #15.3

LISTING YOUR CORDS

This exercise can be helped by using pen and paper — colored pens and large paper if you have these things. This is a brainstorming process, designed to help you visualize — imagine, sense, see — some of the attachments, cords, you have formed in this lifetime, and some you may have been being pulled into by others in this lifetime.

This process will take your blindfold off. It will take the lock off the door to your SELF-awareness. The process will snowball. For every attachment or cord you identify, there will be at least one if not several other cords that will come to your mind. Many of the cordings at work are deep underlying connections, ties, cordings.

Over time, even after this exercise, other cords will surface into your consciousness. Lifting the obvious cords by listing them allows the more hidden or implicit cords to float to the surface of your consciousness. As you continue looking for cords in your life, you will begin to see them as if they were a web of strings, connecting you, even perhaps tying you, to the world around you.

Now, begin to list every cord that comes to mind — every connection you have in your life. Try to find some (at least surface — obvious) attachments in each of the attachment categories below.

Remember, there are no right or wrong categories or answers here. If you are using pen and paper, list each of the categories below with space to write between them. Recognize that these categories overlap. They are listed separately to stimulate your brainstorming.



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You can also list your own categories, or leave out categories altogether, or add additional categories and subcategories later.

You are listing attachment cordings. If you are writing your list onto paper, try using a different color pen for each attachment category. Once you have listed each category, list as many connections, links, ties, cords of all forms, as you can think of in each of these categories.

Attachment categories may include:

PRACTICAL ATTACHMENT CORDS
TEMPORAL ATTACHMENT CORDS
SENSORY ATTACHMENT CORDS
PHYSICAL ATTACHMENT CORDS
ENERGETIC ATTACHMENT CORDS
INTERPERSONAL ATTACHMENT CORDS
SOCIAL ATTACHMENT CORDS
PSYCHOLOGICAL ATTACHMENT CORDS
ECONOMIC ATTACHMENT CORDS
NUTRITIONAL ATTACHMENT CORDS
DRUG AND ALCOHOL ATTACHMENT CORDS
ENVIRONMENTAL ATTACHMENT CORDS
MEDIA ATTACHMENT CORDS
OBJECT ATTACHMENT CORDS
POLITICAL ATTACHMENT CORDS
SPIRITUAL ATTACHMENT CORDS
CHEMICAL ATTACHMENT CORDS
OTHER CATEGORIES OF ATTACHMENT CORDS

Do not force yourself to precisely define attachment cordings right now. Just list anything that comes to your mind, anything that you



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think of as being part of your life as you decide for yourself what the above attachment categories suggest to you.

Again, there are no right or wrong answers here.

EXERCISE #15.4

ADDING ATTACHMENT CORDS TO YOUR LIST

Review the list you created in Exercise #15.3. Now, add at least five more attachment cords in each category.

If this is difficult, invent cords. You may want to think in terms of primary (very obvious, explicit), secondary (less obvious, less explicit), and tertiary (very hidden or implicit underlying) cords. For example, a man in love with a woman may be attached to — corded to — the physical body of the woman he is in love with. A secondary cord for him might be the sound of her voice. A tertiary or very subtle cord for him might be something that reminds him of either a primary or secondary cord (such as an old photograph of her or a piece of music they listened to together five years ago).

You may want to expand the list you created in Exercise #15.3 by adding columns to it this way:

Cord				
Attachment	Primary	Secondary	Tertiary	Etc.
Categories	Cords	Cords	Cords	
----	----	----	----	----
----	----	----	----	----

However you go about your brainstorming, be sure to write down anything that comes into your mind, no matter how trivial or out of place it may seem. Any association at all that comes to your mind is



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ripe material for this attachment cord chart. Many people doing this exercise actually scribble their ideas all over pages of paper, writing in all directions, brainstorming, revealing ever more attachment cordings to themselves.

Do not try to make sense out of everything that comes to your mind. Just let it all come into your awareness and write it all down. Write as quickly as you can without trying to be neat. You can clean up your list and organize it later, even copy it over if you wish.

Once you have listed everything that you can think of, scribble or draw a box or a circle around each individual cord, even the cords that seem questionable, trivial, out of order, or illogical to you.

EXERCISE #15.5

CONNECTING CORDS TO SEE PATTERNS

Now examine all of your cords. Do you feel that any of these are connected, interacting? If so, connect them. Draw a line between these cords. Some connections will seem logical, others will seem to make no sense at all.

Some connections will appear to be rituals, habit patterns, and even pattern addictions.

For example, at six o'clock Friday (a time cord), a person who ends the work week at this point in time may go to a particular bar (an environmental cord), where she or he may meet various friends and a date (social and interpersonal cords), upon which he or she may feel like "partying" (a psychological cord), may proceed to eat a large amount of salty nuts and potato chips instead of a real dinner



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because she or he is hungry but too lazy to eat right (a nutritional cord). And after all that salt, she or he may be so thirsty that she or he has far more alcohol to drink than he or she means to (a drug and alcohol cord), which she or he actually does quite regularly.

This is a fairly obvious cord network or attachment pattern. Note that this particular cord network is a habit pattern and may be part of a more serious pattern addiction to alcohol. Other attachment patterns may be less clear, but any patterns that come to mind should be recorded. Your cord networks are pieces of your web.

Continue to map out relations between the various cords you have listed. Observe the patterns that emerge. The charts at the end of this chapter are actually simple, partial, excerpts of maps of several different individuals' cord networks. Notice the similarities and differences in these and your own charts.

EXERCISE #15.6

PLANNING FUTURE CORD OBSERVATIONS

Your cord chart should be reconstructed regularly. Add to your first chart daily for a week.

Make a new cord chart each week for several weeks, incorporating everything from your old cord chart and pushing yourself to add new details. Then, for the next several months, make a new cord chart once a month. Then, shift to two or three times a year.

This will provide you with an amazing journey into your behavior and a new level of awareness about yourself. You will begin to see the web you weave, not just on paper, but in the atmosphere around you. This is a most fascinating process.



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Whenever you find connections between cords, return to your chart, or write a new chart in your mind, drawing lines to demonstrate your newly identified connections.

This mapping process will reveal significant, and, with practice, astounding, information about your emotional, behavioral, and energetic patterns. Many of the patterns you see will be subtle, previously hidden from your conscious awareness.

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NOTE ABOUT CHAPTER 15 FIGURES

All Readers and Listeners may want to visualize the following attachment charts as visual images of the surface level of the complex networks and webs we all weave.

These illuminating figures include various HOW TO DIE AND SURVIVE seminar group participants' own drawings of small pieces of their own webs or networks of cordings and attachments.

Audiobook listeners may want to refer to the paperback or ebook versions of this book to review Figures 15.1 through 15.6.



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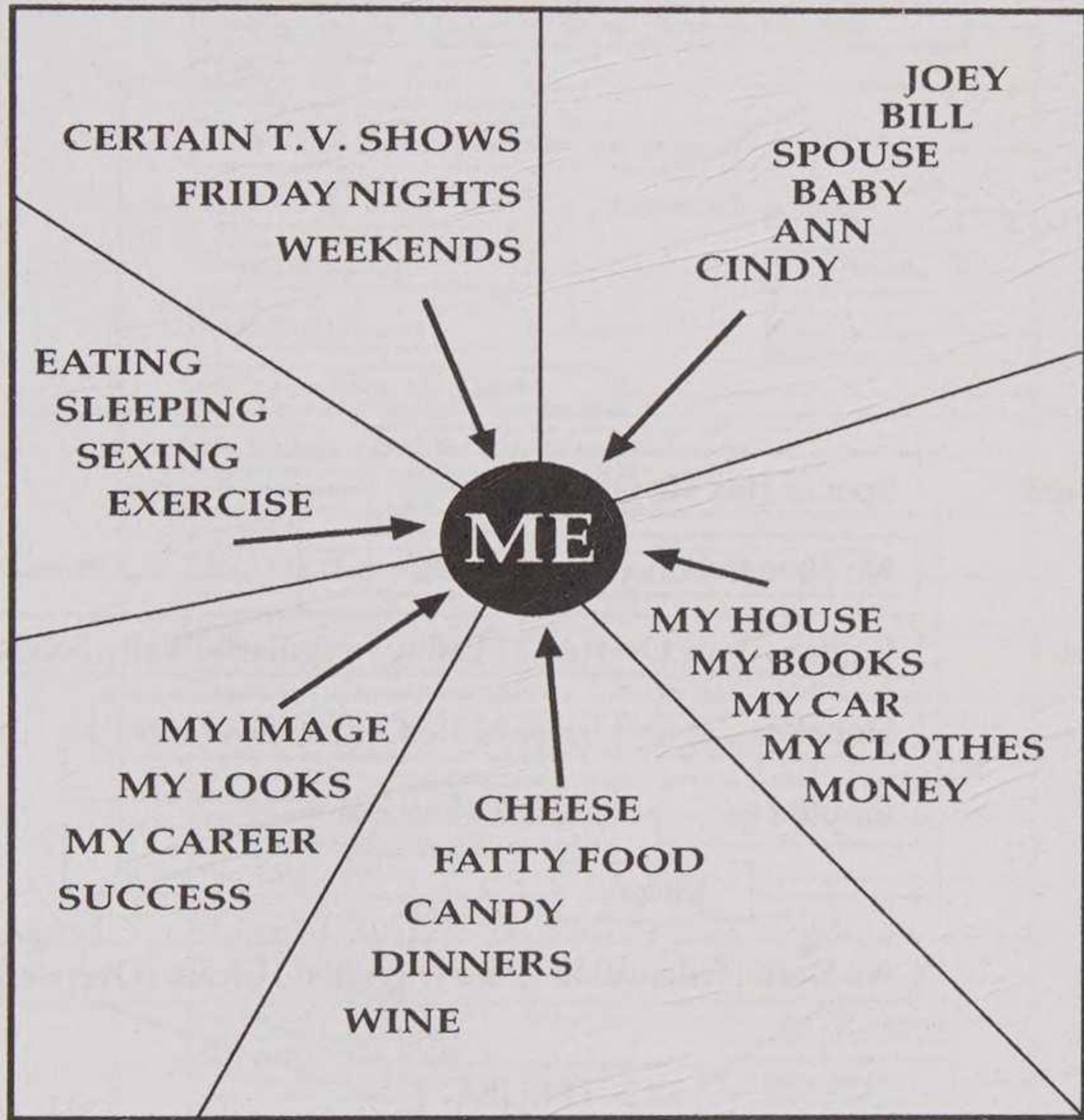


Figure 15.1

An Individual's Attachments
To Basic Pieces of His Life



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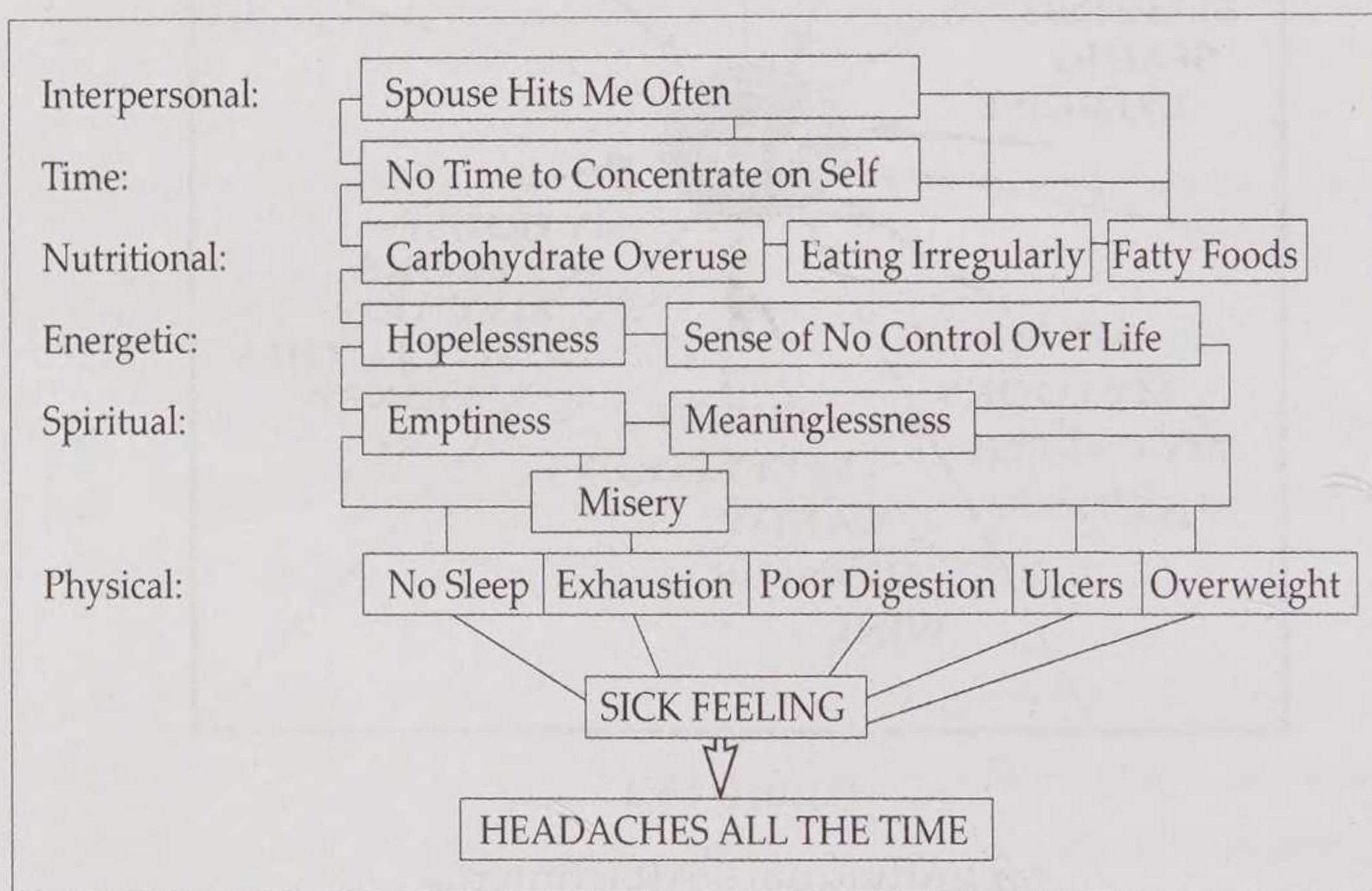


Figure 15.2

Simplified Cord Network
Drawn by a Woman Who Has Chronic Migraine Headaches
and Who is Living with Domestic Violence



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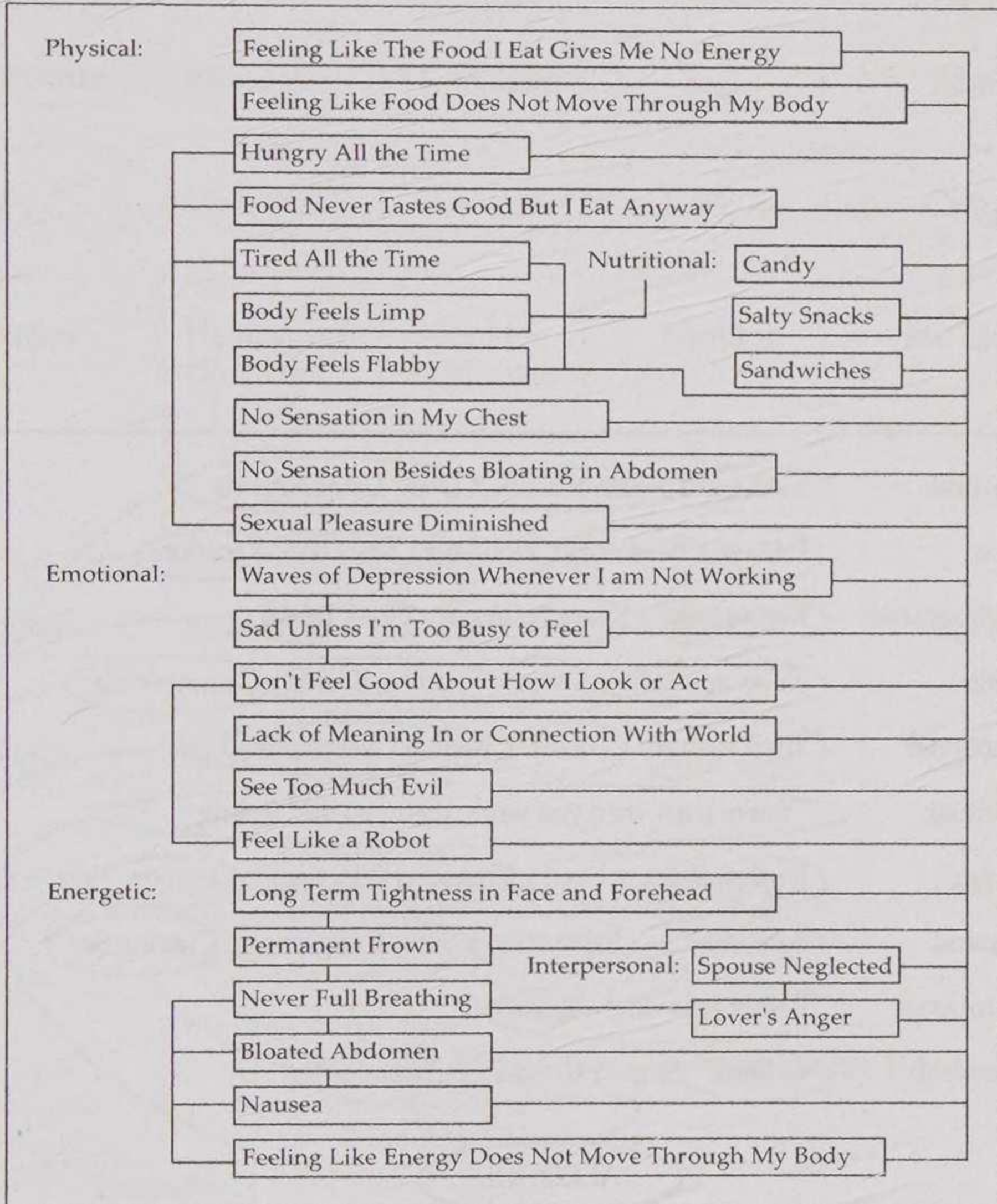


Figure 15.3

Simplified Web of Life of
Individual Suffering from
Depression, Chronic Fatigue and Overweight



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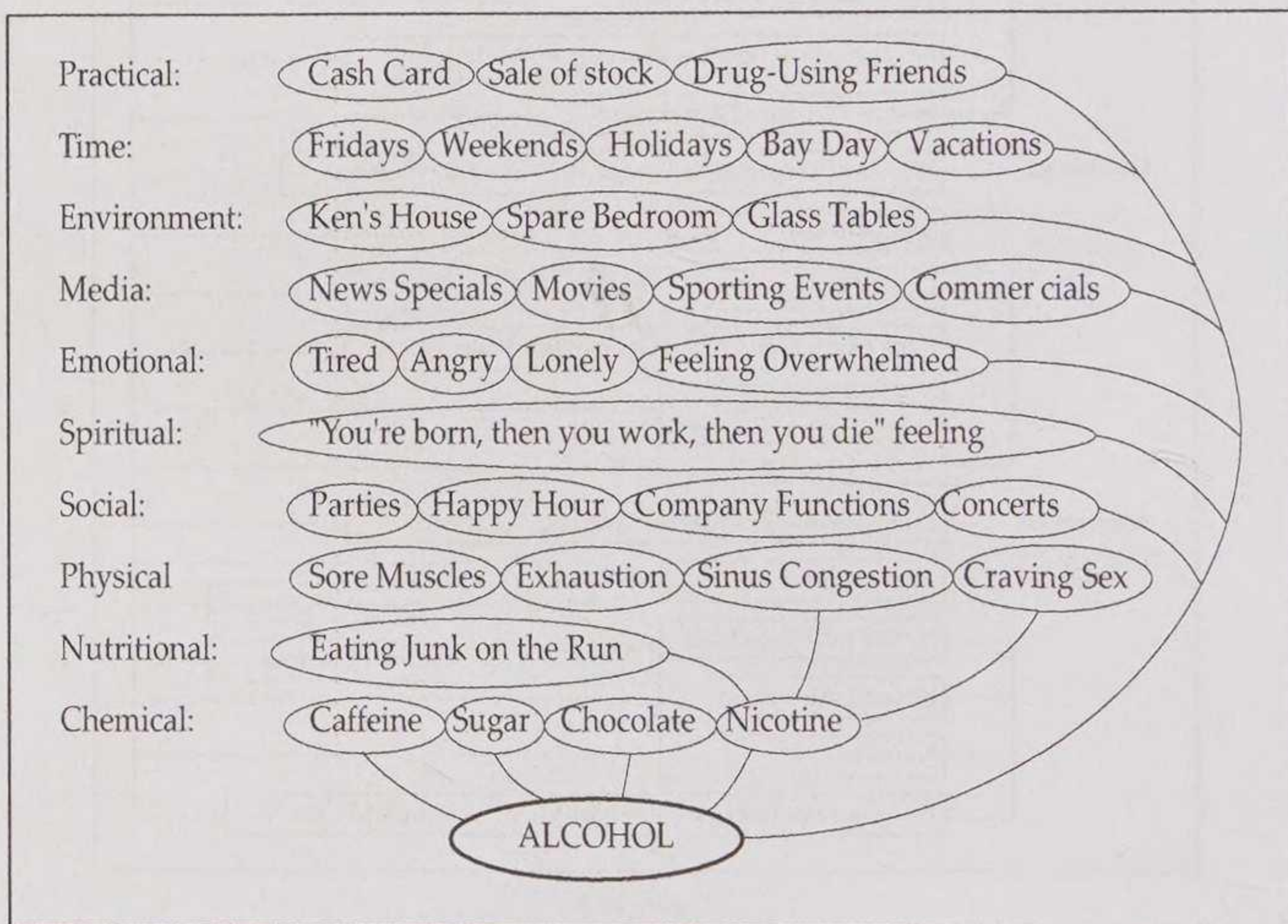


Figure 15.4

Habit Pattern of Man Addicted to Alcohol


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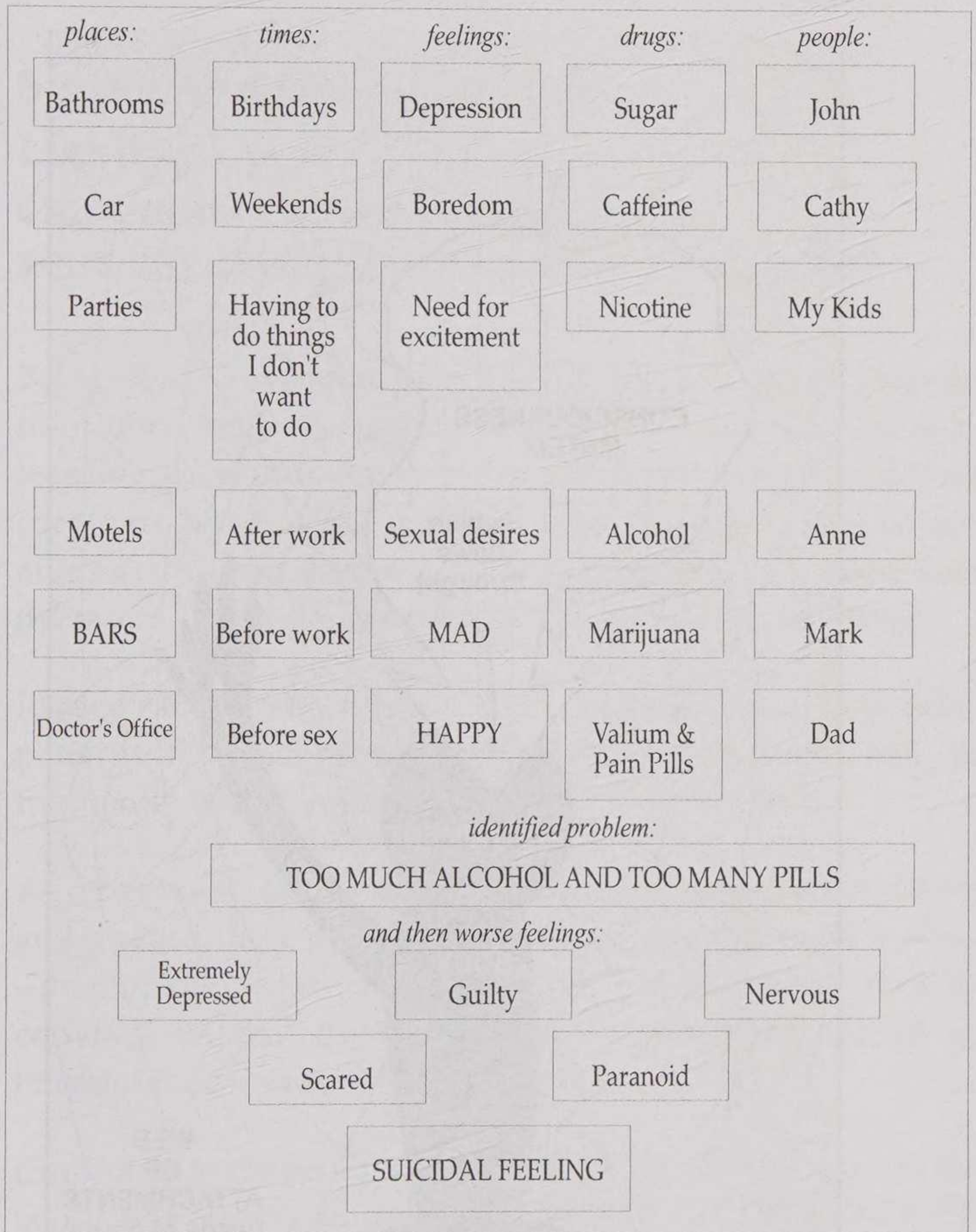


Figure 15.5

Partial Attachment Chart of Suicidal Woman
 (Woman claims each item is attached to every other item.)



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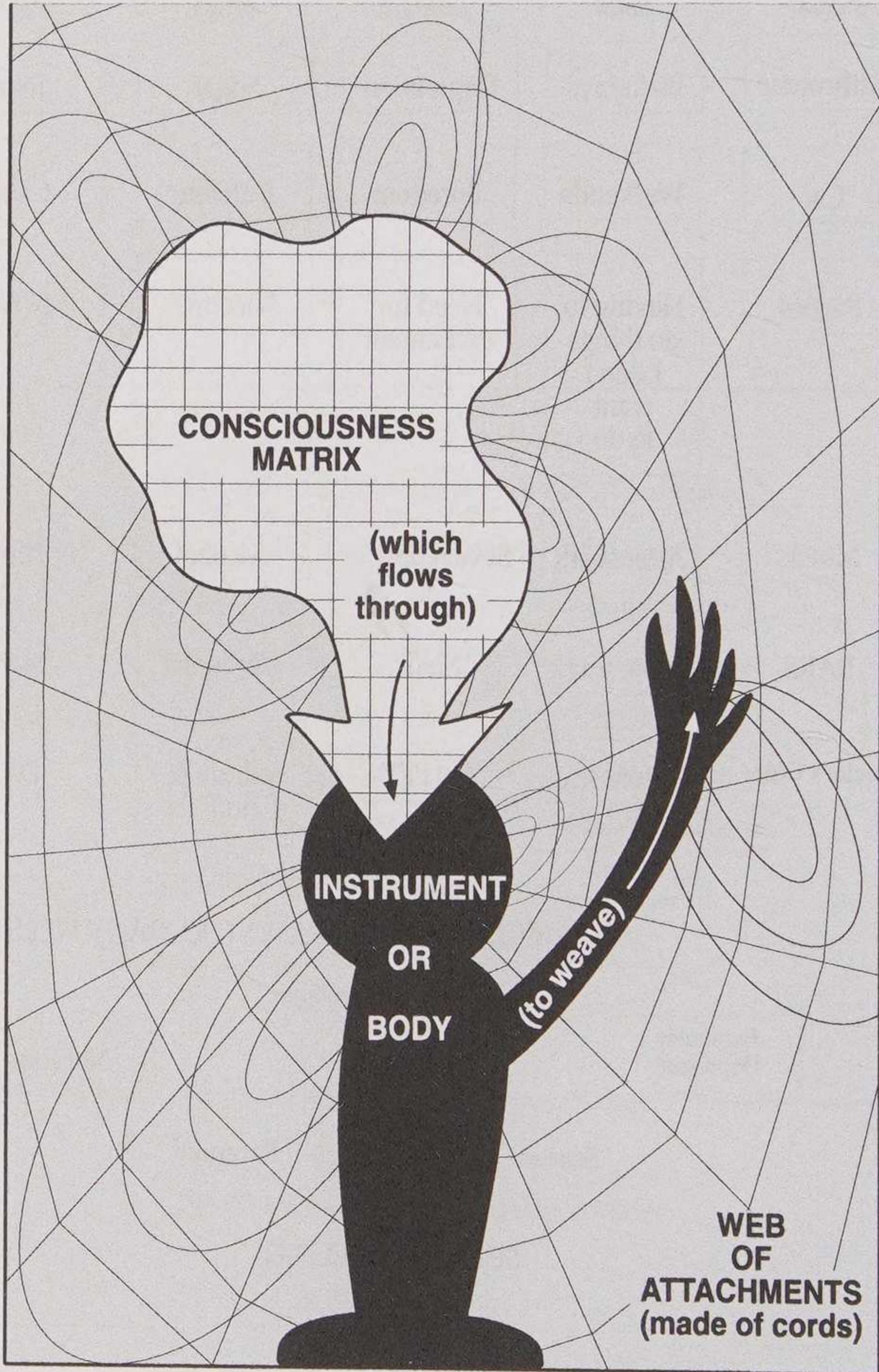


Figure 15.6

Depiction of the Web of Attachment
Woven Out of Cords



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**Seeing And Operating Upon,
Lighting Up,
Our Points Of Attachment:**

BOOK ONE, CHAPTER 16 CONCEPTS AND EXERCISES

Being able to ever more consciously move through change, transition, ending, and even death situations involves learning to see, or sense, more about our attachments and cordings. Most of the time, we miss full awareness of our attachments and cordings, because we are so hooked into these attachments and cordings that we run on automatic.

Indeed, these attachments and cordings form networks, patterns that we become engaged in, even enmeshed in, frequently even trapped in.

As other books in this and related series by this author define and discuss, these patterns begin to take on a life of their own--in that they work their way into the brain and seek to convince us that these patterns, whether good for us or harmful for us, are part of us, are us.

(See books in the FACES OF ADDICTION SERIES, such as the book, also by this author, SEEING THE HIDDEN FACE OF ADDICTION: DETECTING AND CONFRONTING THIS INVASIVE PRESENCE.)

So often, we do not see how deeply entangled in our patterns we are. This can make change and transition all the more difficult.



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Where **emotional patterns** are part of the overall enmeshment or entanglement, much of what is taking place remains unseen. Any emotion we feel is but the tip of the network's iceberg. Note that the same can be true for physical sensations such as those that indicate some sort of health situation.

Frequently, we are not entirely in touch with what we are really feeling, let alone with where these attachments connect, and with the tugs and effects of such connections.

However, we can further focus our awareness to see more of what is taking place, where and to what degree we are attached, corded, perhaps entangled, perhaps being dragged down when we must change or even fly to survive.

We can follow the feelings or other sensations we may pick up or sense to begin to track down the attachment cord itself, and to identify its points of attachment, and its behaviors of attachment, and its effects of attachment.

We can begin to work with what we see and sense, visualize, on a mental imagery or imagined energetic level. We can be using our minds to see and sense a **positive change** in the **attachment structure, or in the entanglement situation.**

As we become more adept at forming this **constructive positive sensitive awareness of our situations**, we can become more adept at working on all this on a **state of mind or state of awareness level.**



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EXERCISE #16.1

SEEING POINTS OF ATTACHMENT

Think of an object or a person to which you feel connected in any way. This can be a comfortable or an uncomfortable connection or both. Concentrate on that object or person for a few minutes.

As you concentrate, concentrate on any physical or emotional or other sensations you may be experiencing. Is there a particular part of your body that you are somewhat more aware of while you concentrate on the object or person you have selected?

Identify this part of your body, no matter how large or small. Make this part of your body the center of your focus no matter how sure or unsure you are that it is this particular part of your body that is actually responding to your concentration on the object or person you have selected.

Describe this part of your body to yourself. Notice how you choose to describe it. Push your mind to come up with a very detailed description of the part of your body you have identified with your connection with the object or person you have chosen. Invent details if you need to stimulate your detailing.

Feel that this part of your body is one of the places where a cord between you and that to which you are connected is attached. Create an image of this cord attaching to the part of the body you are detailing. Attach the other end of the cord to the object or person to which you are connected. Study this cord. Study the points of attachment. Are they, do they seem to be, soft touches, strong anchors, deep roots, or piercing hooks, or something else?



EXERCISE #16.2

OPERATING ON YOUR ATTACHMENT CORDS

In order to do this exercise, you will need a peaceful, quiet place where you will be comfortable and will not be disturbed. You may want paper and a set of colored markers.

You may want to have yourself or a friend record, in his or her voice, this exercise for you. Or you may just want to have someone read this exercise aloud to you. Either way, this exercise should be read very slowly, in a very steady, calm voice.

Once you have decided how to hear this exercise, RELAX, LISTEN, and CONCENTRATE ON THESE WORDS.

Make yourself comfortable. Sit or lie in a comfortable position. If your legs are crossed or bent, and if you think that you will begin to get cramps in your legs, stretch them out now. Find a position that you can be relaxed in for a period of time.

Close your eyes. Breathe slowly. Try to stay awake during this exercise, but do not be concerned about dozing off or tuning out. If you do doze off, pay attention to where you start drifting. It is helpful to see where in this exercise you might tune out, if you do. Repeat the exercise if you do doze off

Now think of what may be a more complex, perhaps more complicated or even problematic, perhaps quite difficult or challenging, attachment you may have experienced or may be presently experiencing. This can be a connection to an object, or to a person, an event, a place, or some other object of attachment.



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Imagine that this attachment you have had, or still have, is either wonderful or neutral or not so wonderful, or quite problematic, but is nevertheless hard to let change, or hard to leave for some reason.

Stay with your thought of this attachment, this object. For the purposes of this exercise, all attachment objects will be simply described as objects (objects of attachment).

Do not answer out loud the questions asked of you in this exercise. Try to think without words. Try to think in pictures in your mind. Try to see the answer. Where you cannot see it, hear or taste or smell or feel the answer. When you have no answer, remember to imagine—just make up an answer. Imagining and imaging are very similar exploratory processes and each can supplement the other.

Continue with closed eyes.

Again, think of this complicated and or problematic attachment. Think of one of the last times you felt this attachment. Make this last time the present even if it is in the past. Where are you, what is your geographical and physical location, as you feel this attachment? See yourself there.

Imagine that you are a film maker. Take an invisible movie camera into your hands. You are making a film about this attachment of yours. It will be a slow motion movie. First you are setting the stage.

....

See the place where you last felt this attachment. Move the camera slowly around the room or the car or the building or the beach or wherever your place is. Remember to do this with your eyes closed, because you are looking at a place that is in your memory or imagination. Try to see through the camera lens—see the details: the



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colors of the walls, if there are walls; the colors that you would see around you; whether the place is messy or neat, orderly or chaotic. If you are indoors, what is hanging on the walls? What furniture is there? Try to feel and see in detail what the place is like.

Sometimes your mind remembers details that do not easily come back to you when you consciously try to remember. There might be cracks in the wall, or ants in the corner, or spilled garbage somewhere. These will appear in your movie.

These things are there in your memory bank (or in your imagination bank, or in your imagery bank, or in some combination of these). The more relaxed you are, the more of these little pieces of the whole picture, the more bits of information about your attachment network, you will see. There are no people on your stage yet. And, remember, everything is in slow motion.

Now, the next assignment for you, the film-maker, is to set the time of day for this particular memory of this particular attachment. Look through the camera lens at the sky to see the time of day, or through the window, or at the clock on the wall. Show yourself what time of day it is. If you cannot remember, just pick a time.

So now you know the time of day. What is the air temperature? Are you warm or cold or neutral? If you are outside, do you know what the weather is like? If you are inside, what weather do you see through the window?

Now you start adding people to this scene, if there are people involved in this attachment network. See these people arrive at this place. If there are no people involved in this attachment, you will not add people to this scene. Do not add yourself yet.



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Now, if there are people in this place, turn your movie camera on each of these people and get some close up looks at their faces. Note your feelings as you see them through the camera lens. This may be the first time you have ever really looked at some of them. Try to see what these people look like.

Make up details if you cannot remember any. If there is just one person, get a close look at that one person's face. Look closely at the people. See what they are wearing, how they walk, how they sit, how their faces look.

Now it is time to look at yourself. Look at yourself more closely than you have ever looked before. You may have to pull the camera up to a corner of the ceiling and look down on yourself to see how you looked during this particular experience of your attachment. What state or states of mind, feelings, emotions, do you associate with this attachment? Maybe you are happy or celebrating.

Maybe you are bored. Maybe you are hurt. Maybe you are having other feelings. It is difficult to film states of mind. But use your movie camera, your inner eye.

You are the star of your movie. See your face revealing your state or states of mind. Remember, there are all kinds of possible states of mind, and many of these can be felt at the same time. Let yourself look through your camera lens at those states of mind that you are experiencing.

If you cannot remember your states of mind with regard to this attachment of yours, just make up states of mind. If you like, try some states of mind on for size, just to see how they feel: While your eyes are closed, make faces showing different states of mind —a



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happy face, a hurt face, an irritated face, a sad face, a bored face, a tired face. Whatever expression best reminds you of the state of mind you connect with this attachment, settle into that facial expression.

Now, in your slow-motion movie, step back and look around the room. The people, if any, are there. You are there. You know what kind of day it is. You know what the place looks like. You know how you look.

Now identify a particular object (or activity or person) you are attached to. Swing the camera around so that you focus in on this object of your attachment.

Take your camera for some close up shots of what it is you are attached to.

You have a very unusual camera. As you take these close up shots, the camera reveals what is usually invisible to you: The camera reveals strings or cords made of something like light running between you and the object of your attachment.

You are seeing many cords between you and the object of your attachment now. You are looking very closely at these fascinating cords. As you look closely, you, the film-maker, begin to realize that you, yes you, are deeply connected to the object by these cords.

You are more than connected. You are tangled up. You feel very tied, very entangled in a web of cords. You see this web.

And somehow now, the camera falls or dissolves out of your hands. You stretch your fingers out and run your fingertips along these cords, as if you were playing a harp.



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Keep touching these cords. Let your hands become increasingly stiff while you do this, so that you are putting some stress into your efforts. Your hands are feeling the intensity of your relationship to the objects of your attachment.

Remember to keep your eyes closed while you do this exercise. Now, imagine or actually stand up and move into this web of cords. Get further tangled in this web. Try to get out by squirming and struggling. See how this seems to make you more entangled.

Feel for a moment an increasing degree of tension, as you feel more and more trapped. Feel tense, because this is an intense experience. Let your hands and your arms and your shoulders momentarily become very tight. Let your trapped body become very tight. Feel more of this tension for a moment. Still struggle to get out of the web, and still become ever more entangled. Become tense all over.

Finally you are so entangled that you cannot move. Know you want out. Be extremely tight and tense. Stop, freeze.

Stay frozen a while, with your eyes still closed. Note what you are feeling most in your body right now. You may feel something, or you may not consciously feel anything. You may be feeling good and that is fine, so make note of this and of how you know this.

Some others of you may be feeling other things such as excess salivation – a watery mouth, a tight jaw, pain, or sensation in the sinuses or neck or lower back, a throbbing headache, cold or hot rushes, cold or hot patches, numb patches around the body, a feeling of sea sickness or excitement, a knot in your stomach, a tightness in your legs, lead in your feet . . . Or vague pleasure . . . Or hints of release or relief.



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You may be feeling pain or tightness in the heart area. You may find it difficult to breathe. You may want to cry or laugh hysterically. There are so many things you may be feeling: slight prickly sensations at a few points in your body, a tiny itch, a small area of pressure. Be alert. Look closely, deep inside.

Most of the time, we miss feelings of attachment because we are so hooked into our attachments that we run on automatic.

We are not in touch with what we are feeling, with where these attachments connect, with the tugs and effects of such connections. This time, concentrate on what you are feeling. Pick one or two of your most present feelings and let yourself feel these.

Now, pretend that one of your fingers is a colored felt pen. Pick a color, and outline the area of your body that you are most aware of. Outline that part. If the area is hot, use a hot color. If it is cold, use a cool color.

Now pretend to color this area in; you may want to use some other colors. If you have a knot in your stomach, draw the knot. If your heart is beating quickly, you may want to use some color that reminds you of a fast pulse, high blood pressure, and maybe tension. Everybody sees her or his own colors.

You may be feeling other things in this part or some other part of your body. You may be having feelings without knowing which part of the body those feelings are coming from. Try to give those feelings a place in your body.

Draw, with your finger, one or more cords coming out of this place in your body. ... See the cord or cords reaching into the air — see the



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cord or cords go from this place in your body you have identified to the object of your attachment. See several tangled cords running between you and the object of your attachment. See yourself tangled in these cords.

Now you will change this circumstance.

Light these cords up, as if they were overheated electric wires. Light these cords up to the brightest, purest, clearest, most intense Light possible. Light them up so much that they smoke.

Keep heating these cords with Light. Hold. Hold this Light now. Hold until, suddenly: the cords evaporate, leaving behind only a bit of white smoke. . . .

Realize that you are now free of the entanglement and release your tense body: Breathe in, and then, aloud, release a big sigh of relief. Say "aaahhh" aloud if you wish.

Very good. You did a great job! Now with your eyes still closed, see yourself as somewhat more free of problem attachments and cordings. And remember, after these exercises, you can return to what you were feeling before these exercises, you can even re-attach if you like.

(Pause.)

Open your eyes. Draw a picture (on paper or in your mind) of yourself at your most entangled point during this exercise. Label this picture "Before." Draw, see, yourself after the release. Label this picture "After."



Of course, this process will be best done several times, as release and rearrangement of one's energy networks is a process, not a one time event.

EXERCISE #16.3

DECONSTRUCTING AND TRANSMUTING CORDS

Close your eyes. Open your mind's eye: say aloud, "I call upon my inner vision." Now, see several cords forming between you and someone or something else—from some points in or on your body to some points in or on an object or person. See the strands of these cords materializing.

When the cords are in place, visualize yourself transforming, or for now deconstructing, these one by one, saying aloud each time:

- *Light up.*
(Light the cord up.)
- *Deconstruct.*
(Dissolve the cord.)
- *Transmute to the highest Light.*
(Turn what remains to a pure white Light.)

Do this again and again for each cord, and then continue chanting for several minutes:

Light up. Deconstruct. Transmute to the highest Light. . . . Light up. Deconstruct. Transmute to the highest Light. . . . Light up. Deconstruct. Transmute to the highest Light. . . .



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ENVISION, VISUALIZE:

LIGHT UP
DECONSTRUCT
TRANSMUTE TO THE HIGHEST
VISION OF LIGHT

LIGHT UP
DECONSTRUCT
TRANSMUTE TO THE HIGHEST
VISION OF LIGHT

LIGHT UP
DECONSTRUCT
TRANSMUTE TO THE HIGHEST
VISION OF LIGHT

LIGHT UP
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TRANSMUTE TO THE HIGHEST
VISION OF LIGHT

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VISION OF LIGHT

LIGHT UP
DECONSTRUCT
TRANSMUTE TO THE HIGHEST
VISION OF LIGHT

LIGHT UP
DECONSTRUCT
TRANSMUTE TO THE HIGHEST
VISION OF LIGHT



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Seeing And Clearing

Subtle Energy Networks And Webs:

BOOK ONE, CHAPTER 17 CONCEPTS AND EXERCISES

Being able to consciously move through situations involves being as conscious of what is going on as we can be. Of course, this may be easier said than done. After all, how can we see **all** or **even most of** what is affecting us? Being increasingly conscious of what we do not fully see may involve:

**making room in our mind and brain
for the IDEA that there are
spaces, realms, territories of our mind, of our SELF,
where we can work with what may seem
invisible or difficult to see,
such as subtle developments, events, trends, and patterns.**

Finding our way through minor and major changes and transitions involves our being able to see what may be affecting, or slowing, or even distorting, our process, perhaps tying us to patterns that must shift or change or end.

Moving through complex situations and patterns involves being able to see these situations and patterns as energetic networks, webs of cordings and attachments.

We can continue to fine tune our awareness to allow us to see, to sense, to hear, to know, more about what is going on within and around us. We can sensitize ourselves to know more



about what energy streams, cords, and attachment networks we are enmeshed in.

EXERCISE #17.1

HIGHER HEARING

Close your eyes. Listen for sounds that you cannot hear with your ears. Cover your ears. Now listen. What do you hear? Imagine that you hear more than you do. Work on this for a while. This form of hearing slips in slowly and becomes sharper with practice. Your inner ear is hearing.

EXERCISE #17.2

CLEARING SUBTLE WEBS

Visualize yourself sitting across from someone you do not know, as for this exercise you are imaging a person, not working with someone you know. Imagine that, for this exercise only and not necessarily in "real" life, you want to disconnect, detach from this person.

Imagine for just a moment a network of cords connecting you, from various points on your body, to this person, at various points on this person's body. Close your eyes and take some time to see how very intricate this network is. See that the network is far more intricate than you expected.

Now Light up each and every strand of this network. Hold this image a moment. When you hear the words, "begin to deconstruct," dissolve some of this network:



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BEGIN TO DECONSTRUCT.

Your have cleared parts of this subtle energy web.

If you wish to reinstate what you have cleared or deconstructed, do so before you open your eyes, by visualizing this happening and saying:

RE-CONSTRUCT.

Of course, this was an imaginary person and an imaginary web or cord network. So, you do not need to reconstruct what was actually not there in the first place. You can, however, visualize doing this if you like. Remember, this was simply an exercise.



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HOW TO DIE AND SURVIVE, BOOK THREE

Clearing Energy Webs:

BOOK ONE, CHAPTER 18 CONCEPTS AND EXERCISES

Among the vast cording and attachment networks we weave as we live our daily lives are those that are interpersonal, social. These connections are, on the one hand, most obvious and, on the other hand, quite subtle, difficult to see in full.

There are endless elements in and dimensions of our processes of relating to strangers, and then to formal acquaintances such as workplace or other professional connections, and to neighbors, to casual acquaintances, to casual friendships, to ongoing social acquaintances, to casual but involved relationship acquaintances, to deeper relationship connections, to deeply involved connections, and so on.

Somewhere in the process, people move from stranger to simple acquaintance to connection to relationship members.

And, we do have powerful (and often beautiful) social, as well emotional, at times spiritual, and often familial, ties to people who we are biologically or in other ways such as marriage or adoption related to – family members for example.

Social energy webs are networks that we are deeply involved in, whether or not we see this or wish for this to be so in all cases. Yet, the cords and entanglements are complex, and when really looking, may appear almost infinite.



EXERCISE #18.1

CLEARING A HEART CORD

Remember that this is only an exercise and you can decide not to take the results of this exercise back to what you call "real life."

Now, choose someone you love or have loved. Close your eyes. See this person in front of you, facing you.

Visualize a cord or string running from that person's heart to your heart.

See how this cord attaches to each of your hearts as if it has roots like a tree, growing into these hearts. Feel the effects of this cord and its roots on your heart for a while.

Then, turn this cord, which is now of a cloudy Light, to a very bright white Light. See this cord vaporize. Say "Release me. I release you."

See yourself reform this cord to reinstate the balance you have established with this cord---if this is a healthy balance.

EXERCISE #18.2

CLEARING A POINT CORD

Repeat the above exercise, this time shifting from the heart to other points in the two participating bodies such as the stomach or the genitals or the forehead.



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EXERCISE #18.3

CLEARING THE SOCIAL ENERGY WEB

Now, repeat the above exercises, this time involving several persons in your life, and cords between several points on your body and theirs. Visualize, construct, an elaborate web. Feel the points where the cords attach and root. Now, for a moment, Light up all the cords you see and vaporize them. Light up. Deconstruct. Transmute to the highest Light.

Wait a few moments. Review or sense what you have just done. Then re-establish the cords or parts of cords you wish to preserve, if any. Watch yourself doing this or choosing not to do this, whichever is your path here. Make mental notes about what you observe.



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Fueling Letting Go and Release:

BOOK ONE, CHAPTER 19 CONCEPTS AND EXERCISES

As you begin to see yourself as ever more expansive than only a physical biological being, you can take on a new sense of self, one that will continue to emerge over time. **You are going to be finding more and more of your SELF to have live your life, and to have survive your changes, transitions, endings, even deaths.** (See STREAM TWO for more on this, included in the second half of this book, beginning a few pages from here.)

You will be able to detect, and to use if you wish to, what of your energy is tied up in even your most subtle patterns and situations. This energy is your energy. You can use this energy to help you move through these patterns and their situations. You will begin to detect spaces and situations where energy is locked up, tied up, in cording and attachment patterns that you may want to shift or even release from.

Finding your way through can involve spotting opportunities to release energy for yourself, energy you can use to move through into new levels of your SELF and of your reality.

Begin to see the energy traps you have formed, or that have formed within or around you. Begin to see that you can move through these traps and release energy for yourself to propel you to new realms of your own existence, of your own life, of you beyond your present situation. (Again, see STREAM



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TWO of this book, beginning in just a few pages, for deeper discussion of this matter.)

You can begin to spot forks in the road, even paradoxes where your energy is held, trapped, but can be released in positive ways. This is indeed a key element of the survival process.

You can begin to think of yourself preparing to go on an extended hike or backpacking trek. You want to bring a map, or to draw one if need be. And, you want to know your direction, to bring a compass.

You want to think of the pathway or trail you will be on. Will there be decision points, forks in the road perhaps? And, you want to be prepared for various possibilities, variations in terrain, in weather patterns, in water flows, even perhaps variations in the possibilities of predators.

You want to be equipped to move through the environment you are in. Although you may not put it this way: you want to survive your journey. Thinking ahead is being prepared.

EXERCISE #19.1

USING PARADOX TO FUEL LETTING GO

Clear some space around you. Extend your arms outward, reaching horizontally away from your shoulders. Hold this position and close your eyes.



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Imagine that there is a person on either side of you. Each of these persons is holding on to one of your hands and pulling on it, each in the direction reaching away from your body. Feel these people pulling on you harder and harder. Feel as if you are being pulled in half.

Feel as if you are trapped in this intense tugging that is pulling you in opposite directions. Trapped.

Begin to struggle fiercely for a release. Struggle with no success for a while. As you struggle, feel that your arms are being pulled even harder in opposite directions. Try not to be torn in half. Feel yourself: Struggle. Struggle. Struggle.

Suddenly, they let go. You are released.

EXERCISE #19.2

FOCUSING THE RELEASE

Imagine that you are a balloon about to burst. Some one or something is continuing to pump air into you. The pressure mounts. Take a deep breath; expand your lungs and abdomen. Open your eyeballs very wide. Fill your cheeks with more air than they seem to be able to hold.

Hold this expansion a moment. While you hold, imagine that when you let out all this air, you will release your essence with it.

Continue to hold this expansion—still hold your breath. Choose a place your essence will go; and, also choose a degree of Light that your essence will take on when you release it.



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When you release yourself, you will go to this place and become this Light. Hold. Prepare to burst.

Now burst, go there, and become Light.

Use your imagination or visualization to see yourself stay out there a while. Then slowly walk yourself back into your physical self.



HOW TO DIE AND SURVIVE, BOOK THREE

**Detecting and Avoiding
Problematic Pattern Reconnection:**
BOOK ONE, CHAPTER 20 CONCEPTS AND EXERCISES

As we see more of the energy patterns and attachment networks we have woven, we see and sense where we are being positively fueled and positively affected. We also see or sense where we are tied into patterns that are not only mildly uncomfortable for us, but may be harming us, or even quite dangerous for us.

We begin to sense more about patterns that may be entangling us, weighing us down---as we seek to become less rigidly tied to patterns that may not work for us.

In this sense, when we seek to stop being entangled, weighed down, we seek to become less dense. We may even sense when we are being restrained or held back as we seek to expand ourselves further into the realm of our consciousness.

Again note, as said many times in this book, this discussion is not about dying physical death per se, this is about being able to expand while still living biologically--**expand our awareness into the realm of our consciousness, into what has been defined in other books in this series as our CONTINUUM OF CONSCIOUSNESS.** (See, for example, Volume 10 in this series, titled, SEEING BEYOND OUR LINE OF SIGHT.)



One of the greatest, at times almost invisible, challenges we may face is the tendency of ourselves, as well as the tendency of other people and even of other patterns, to seek to reconnect with us---while we are seeking to either entirely disconnect---or at least to somewhat disentangle ourselves from the influence and effects of these people and patterns.

EXERCISE #20.1

DETECTING RECONNECTION

Visualize yourself sitting across from someone that you do not know at all.

Tell yourself, even though you do not know this person, you did once know this person, you just have no ready memory of this person.

Now visualize this person attempting to form an attachment to you.

See the pieces of a cord moving toward you from its roots in the heart or the solar plexus, stomach area, groin, forehead, throat (or whatever location you choose), of that person whom you do not know.

Forming in the air, once it is rooted in that person, the cord grows from that person in your direction, becoming a longer and longer and stronger and stronger cord.

As it nears you, you begin to feel the roots of the cord reaching ahead of itself trying to root in you. See clearly where that cord seeks to attach to you.

Notice how you respond.



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EXERCISE #20.2

AVOIDING AND DETERRING THE RE-CORDINGS OF OTHERS

Return to where you were when you ended the previous exercise, Exercise #20.1. The cord approaches you, seeking to reconnect.

Create an invisible but very strong boundary or force field through which that cord cannot penetrate. See that cord trying to penetrate, finding ways around the shield and see that you beat the cord at every corner, at every attempt, with your perfect shield not allowing that cord in, no matter how valiant its efforts.

Close your eyes and feel entirely encased in your own SELF-designed protective shield. Hold for next exercise.

EXERCISE #20.3

TRANSMUTING RECONNECTING CORDS TO LIGHT

You are safe behind your shield. So now: Light up, deconstruct, and transmute the bits of reforming cords. Catch these reforming cords as early as possible—in the space between your consciousness and the consciousness connected to the other end of these cords.



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**Finding And Applying Your Will,
The Will Of Your Own Life Force:
BOOK ONE, CHAPTER 21 CONCEPTS AND EXERCISES**

Nothing is so clear to us, once we see it and feel it, as our own *Personal Will*, the Will of our own *Personal Life Force*. Everything we can do to get to know our own Personal Will, our own Personal Life Force, will be key in our own survival processes both here and eventually BEYOND this daily life.

All exercises in these HOW TO DIE AND SURVIVE books are indeed about you, about your finding more and more out about yourself, your actual SELF, about who you truly are.

This is the long and beautiful journey of the SELF to itSELF, of you to your own consciousness. This is about your being in the realm of your own **CONTINUUM OF CONSCIOUSNESS** where you already do live and already do survive. (Again, see other books in this KEYS TO CONSCIOUSNESS AND SURVIVAL SERIES where this **CONTINUUM OF CONSCIOUSNESS** is defined and discussed in great depth.)

You can begin or continue any day, any moment you like, to know yourself more and more, to discover and clarify your own FORCE OF WILL. It is your Force of Will that can guide your way through and on as you seek to survive change, transition, endings, even what feel to be minor and major deaths.



You can embrace your SELF, your spirit, as a consciousness--and in so doing, recognize and even cherish your processes, your survival through so many changes and transitions you undergo.

You can experience your own **Personal Force of Will** as you gain ever more contact with your actual SELF. You will find that you, your SELF, will step forward to speak to you, to your actual SELF, to share with you the:

Force of Your Own Will To Survive.

EXERCISE #21.1

FINDING THE WILL, YOUR WILL

We have talked again and again about the right use of Will and the nature of one's Will. Now you will feel for yourself your own Will.

Begin to look for your Will. Will that you find your Will. How does willing feel? You are isolating the essence of your Will. This Exercise generates a refinement of your Will by asking you to locate your Will. Seeking the Will defines it, refines it.

Close your eyes, go inside, and take some time to find your Will. Your own personal force of Will is your own to define and to know, even to generate and develop.

Realize that your Will is not your relationship to the outside world, not your list of responsibilities, not your set of accomplishments, not your failures, not your feelings, not your attachments or cords, not



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your family, not your political party, not your philosophical beliefs, not your religion.

Now you are locating your own personal Free Will, its essence, its reality.

Once you have found your Will or what you sense is your Will, continue refining your connection to your Will. Feel as if you are getting to better know your Will.

Hold your concentration on your Will for the next exercise. As you hold, get to know better what "Will" really is. Define your own force of Will for yourself.

EXERCISE #21.2

WILLING THE EXIT

Take your Will into your forehead. Now move your Will to the center of the top of your head.

Now, as if you are pushing on something very hard, with all your Will, push your SELF out the top of your head: Will yourself out of your body.

Hold your Will outside your body, above your head, for a while.

.....

Now, focus on this Will of yours—the Will you have come to recognize. Move this Will back down to the top of your head. Pull your Will back into your body through the top of your head.



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**CONGRATULATIONS
AS YOU COMPLETE THIS
BOOK ONE STREAM!**

**AND NOW, TURN THE PAGE:
MOVE INTO
THE NEXT LEVEL,
THE BOOK TWO STREAM!**

Readers, congratulations. You have now completed the first **STREAM** or part of this **HOW TO DIE AND SURVIVE TRAINING**.

This is just the beginning, the foundation, of this journey. From here, we can move ever more deeply into what all this means. We can see more about how we can apply all this in our daily lives, as well as in our seeming end-of-life and even what may be after-life journeys and transitions.

Every moment of our lives, we are already reaching **BEYOND**. We are already opening to new ways of understanding who we are and where we are going.

**STAY TUNED.
THE LIFE FORCE DOES NOT DIE.
YOU DO NOT DIE.**



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CONGRATULATIONS
AS YOU COMPLETE THIS
BOOK ONE STREAM

AND NOW TRY THE RACE
MOVEMENTS
THE NEXT LEVEL
THE BOOK TWO STREAM

Readers, congratulations. You have now completed the first
STREAM of part of the How To Die And Surviving
JOURNALS.

This is just the beginning of the journey.
From here we can move forward and complete all the
streams. The one you may think you've already done
but have here as well as to your remaining one. At the end
even when they're all done, you'll have more to do.

Every moment of our lives is already passing
BEYOND. We're already "beyond" in how we live
understanding who we are and what we're doing.

STAY TUNED
THE LIFE FORCE DOES NOT DIE
YOU DO NOT DIE



HOW TO DIE AND SURVIVE, BOOK THREE

STREAM TWO:
REACH BEYOND

Advanced Concepts And Exercises
Collected From
How To Die And Survive, Book Two

Get ready, STREAM TWO: REACH BEYOND, the second half of this book, does just this, reaches well beyond the foundation of thought and imagination developed and explored in the first half of this book, STREAM ONE: SET THE FOUNDATION.

**THINKING ABOUT STREAM ONE:
SET THE FOUNDATION**

The first half of this book forms the foundation in the biological brain, and also in the higher mind, for all that follows here. Let's think for a moment about your journey through the first half of this book in terms of an image:

Imagine that you have entered a grand and sprawling building where pathways and tunnels lead you in all directions. Imagine that the mysteries you discover here are mysteries that appear to be hidden in this building, yet are actually stored deeply within your own brain and mind and consciousness.

First you explore the foundation. You learn more about what forms this foundation. You fortify and further develop this



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foundation. As you do this, you see where the nature of your foundation sets the stage for all that is built upon it and is extending beyond it. You find that you can actually further develop this foundation, make it more your own. No matter what your starting point, you can become ever more aware of your reality and of possible extensions of your reality: **actual extensions of your SELF.**

From this foundation you are indeed able to extend your SELF, increase your awareness of your actual SELF. You begin to see and sense ever more about YOU, about this **BE-ing** that you are. You begin to **see more about how you see yourself** in daily life, in easy, and also in challenging, events, conditions, and situations. These events, conditions, and situations may stay pretty much the same for a long time, or may be constantly shifting bit by bit, or may be short lived and perhaps just fade away, or may at some point suddenly change a great deal, even entirely end.

You can learn more and more about your mind and spirit, as you go through in-life changes in patterns, and transitions beyond previous patterns. This process of living and seeing more about you, your mind, your spirit, your soul, your actual SELF, can be the opportunity to *know more about what it means to know more about* who you are. In this process, you begin to see how ready you are for the situations, even changes, even challenges, even what seem to be endings, minor or major deaths of patterns and feelings and bodies you may encounter.

Here is where seeing how our necessary process of forming attachments as we live can be better understood and then



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managed. Again, the image referred to in the first half of this book (Chapter 15) comes to mind: **The bird caught in the fisherman's net is entangled and must break free to fly, to survive.** We see more and more how important it is to know how we see and manage our physical, emotional, social, and other attachments and the webs and networks we weave around them.

Attachment is not in itself a bad thing. We form many essential attachments to live. These attachments are definitely part of living. However, we can become ever more aware of how the various attachments and networks we form--or are formed around us--affect us. Can we make changes when needed? Can we undergo transitions in healthy survival-oriented ways?

**Can we survive
our perceptions of our realities, and of ourselves,
or do we need to change, evolve, these?**

THINKING ABOUT STREAM TWO: REACH BEYOND

When are we the bird caught in the fisherman's net? What will it take for us to be free to fly again, to survive? Can we REACH BEYOND TO SURVIVE?

The first half of this book, **STREAM ONE: SET THE FOUNDATION**, did this, set the foundation for the concepts and exercises presented in **STREAM TWO: REACH BEYOND**. Now we reach **BEYOND** the openings in our minds and brains



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that we have generated in STREAM ONE. Now the IDEA of our being BEYOND simply and only a physical biological be-ing becomes ever more clear.

We begin to feel as if we are a picture coming into greater focus. Once the touch points in STREAM ONE: SET THE FOUNDATION, have been explored, the actual SELF (via the brain and the mind, and the consciousness itself), has acquainted or re-acquainted or further acquainted itself with the sense of the SELF.

This sense that we are indeed more than simply a biological being tied to a biological body and biological brain becomes stronger. We begin to feel this about ourself more and more. Whatever our starting point in this HOW TO DIE AND SURVIVE TRAINING, we gain ever more awareness of this SELF, this consciousness, that we are. We gain an ever increasing sense that we are living as a biological being here for now. Yet, we are also already living as a consciousness who can perhaps even eventually learn to live independently of biology. (Refer to the Foreword to this book series for more on this matter. See this Foreword in the Appendices Section of this book.)

We understand survival in a new way. We see this life itself as survival training. We understand what great and precious training this lifetime is for us. Every moment here matters.

We begin to dialog with the SELF who we actually are. We are ever more aware of our existence as more than merely a biological being. Now the SELF ever more consciously



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experiences -- sensitizes to -- patterns, cycles, and their situations, events, changes, and seeming endings, even the idea of death. Now even the idea of death itself is changing its definition.

Now the brain and mind, and the consciousness itself, can step forward to be actively present in examining the effects of everyday attachments---*as well as the effects of our attachment to what we are told is our reality itself*. We can sense the webs and networks of attachments we and others weave throughout and within and around us. Now the idea of REACHING BEYOND webs and networks that may help us, or may entangle us, becomes more and more a reality.

We are building and developing our own BEYOND. We are building within our own brain and mind the staircase from the foundation of our SELF, further into this magnificently inter-dimensional mansion of the SELF. We look ahead and see stairways reaching BEYOND the foundation, BEYOND the ground floor. We see endless pathways of the SELF that we can identify, design, develop, and expand into to survive both here and BEYOND.

Many of us have not been able to build a second home or so-called country home to visit when desired or needed for well-being or survival purposes (or even to own a first home in so many cases). Land, as territory, is far too expensive for many of us. Yet, all of us can build our own kingdom, the territory of our very own, there within our own personal consciousness. We can occupy our own space, expand into the SELF we are. This



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space is rightfully ours to discover, develop, and exist within, rightfully INHABIT, even now while living as biological beings.

We can learn what it means to exist as beings who can REACH BEYOND on any given day, even while living daily biological lives. This understanding is survival.

**Now we can be the
once entangled bird
setting itself free.**



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Thinking Through Getting Out Of The Body: BOOK TWO, CHAPTER 22 CONCEPTS AND EXERCISES

The exercises in this chapter refer to the idea of floating out, getting out, being out, of the physical biological body. This continues the conversation started in the first part of this book, and frames the **HOW TO DIE AND SURVIVE Body Exit Concepts and Processes** this book presents. This chapter, Chapter 22, is about **moving our attention, shifting our focus, in and out of physicality.**

The concepts and exercises here in the second half of this book, **STREAM TWO**, allow for the continuing expansion of our sense of our **SELF**. This continues the dialog we began with ourself in part one, **STREAM ONE** of this book, yes -- with our **SELF** – with our mind and brain, spirit and soul, with our consciousness itself.

This continues the conversation, continues telling us that the **SELF** is, *or can choose to be*, more than simply a product of our biological brain and body. We may have known this all along.

Now, the sense of this **BEYOND BIOLOGICAL SELF** becomes increasingly clear – again like a picture coming ever more into focus. It is as if we have realized there is a stranger in the room, one we at first may not have noticed or acknowledged. Eventually however, we get to know this stranger -- and discover this stranger is our **SELF**, our actual **SELF** who has been here all along, waiting for us.



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(This HOW TO DIE AND SURVIVE TRAINING is inviting us to get to know this stranger ever more by the moment. Welcome home.)

**BEFORE CONTINUING HERE,
A NOTE**

Nothing in this chapter or this book is about actually physically dying, about actually leaving the physical biological body to discover these things. Rather, all this is a way to develop the SELF to be ready for surviving change and transition both here in daily life, and later, beyond this life.

There is significant responsibility in choosing to leave the physical body. There is also often overlooked responsibility in allowing oneself to mistakenly or carelessly exit from the physical biological body. (Note: This in no way suggests that persons experiencing illnesses or accidents are to be held responsible or perhaps blamed for their conditions, and or for their deaths.)

Generally, we already know healthy non-physical ways to conduct temporary and even ongoing body exits, although we may not realize we do.

Moving to and from the body is actually quite simple. To do so, you must know the keys—the ways out—and the ways back in. Do not leave without your keys. There is no reason to just exit without planning on returning.



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(For advanced KEYS, refer to other books in this KEYS TO CONSCIOUSNESS AND SURVIVAL SERIES, such as Volume 7 titled, KEYS TO ACCESSING THE BEYOND.)

And, you must know how to see and work with, amend, change, at times even release and later reconnect in healthy ways where needed, your own attachments, your own cords, to your own body.

(Note: The first half of this book, STREAM ONE, includes discussion of detachment from the network of cords. See for example, the earlier chapter, Chapter 12. Now here, in Chapter 22, we focus on the concept of the actual getting out of the network and of the body entangled in the network.

Also note, regarding the exercises that follow here below in this chapter, Readers may want to return again to Chapter 12 of this book for the important definition of the VERTICAL AXIS and basic exercises regarding the VERTICAL AXIS. Those exercises can be are very useful in developing a sense of orientation here and BEYOND.)

EXERCISE #22.1 **FLOATING OUT**

Lie or sit very still. Look at one of your hands. Imagine that you see your hand lifting out of itself, finger by finger, as if a ghost of your hand is leaving your hand.

As this ghost leaves, close your eyes. Follow your hand's ghost out of your body. Let your whole SELF follow. Float out bit by bit until



you find yourself floating several feet above yourself. Linger there and look back at your body a while.

Visualize two very fine silvery cords attaching you to your body, attaching to points of your choice on your body, such as one hooking to your forehead area, the other to your heart area.

Form a triangle between yourself and these two points on your body. Hold this image a while.

Then, following the path by which you exited, gently slip your consciousness back into your body.

EXERCISE #22.2

GETTING OUT

Stand up (if you choose to and can do so, otherwise sit or lie down).

*Focus on what we can call here your **vertical axis**, which runs up and down your body in the direction of your spine. This is your **vertical axis** whether you are standing or sitting or lying down.*

Place your right hand on the very lowest part of your abdomen.

Pull all your attention to the area of your body behind your hand. Hold this focus a while.

Then, place your left hand over your belly button, and pull all your focus there as you lift your right hand off the lower abdomen. Hold your focus at this second point a while.



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Then, proceed to climb your vertical exit ladder in the same fashion, placing your hands as follows:

Right hand over area just below center of rib cage. Hold your focus here a while.

Left hand over area at center of chest, at the level of the heart. Hold your focus here a while.

Right hand over throat. Hold your focus here a while.

Left hand over forehead. Hold your focus here a while.

Right hand over top of head. Hold your focus here a while.

*Left hand extended out (**along your vertical axis**) over top of head. Bring your right hand up there to meet your left hand.*

Hold your focus here a while.

Now move your focus, your personal consciousness, far, far above the highest reach of the hands you have extended over your head. Suck more of your consciousness into this point.

*Pull all of your consciousness to this high point on your **vertical ladder**. Hold. Hold. Hold yourself out there. . . .*

You are out!

Feel what this exit is like. Understand how you have arrived out here.

You can follow your vertical axis out whether or not you have a physical body.



Now, please, you must climb back into your body, back down the ladder you climbed to exit, step by step, hand by hand, slowly, with focus.

EXERCISE #22.3

KEYING OUT

The following exercise, **KEYING OUT**, is a central part of this **HOW TO DIE AND SURVIVE TECHNOLOGY** being presented in these books. Readers are encouraged to see additional in-depth discussion of these and related concepts and processes in other books in this **KEYS TO CONSCIOUSNESS AND SURVIVAL SERIES**, such as: **UNVEILING THE HIDDEN INSTINCT** (Volume 3) and **KEYS TO ACCESSING THE BEYOND** (Volume 7), where exercises presenting more advanced keys to interdimensional awareness and survival are offered. See also Volume 9 titled, **NAVIGATING LIFE'S STUFF, BOOK TWO**, where definition and description of the **PATTERN TERRAIN** "out there" are presented.

Now, let's begin this Exercise #22.3: KEYING OUT:

You can temporarily, or at the right time permanently, unlock your SELF from your physical existence, from your body.

*To do so, you must press what we will call here the **exit triggers**, as they are a sort of combination lock.*

Here, you will practice this keying out with your hands. Eventually, you will know how to do this with only your mental



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*focus serving as your hands. Any physical touch will then be unnecessary to do what this book describes as: **keying out**.*

Now, use your two pointer fingers. Press firmly but not at all hard on each of the following points in the order listed below:

- 1. Breathe in and hold. At same time: Left hand finger presses in back, at the bottom, the base, of back of spine. Right hand finger presses in lower front, opposite the left hand. Hold. Release. Then exhale.*
- 2. Breathe in and hold. Arms crossed. Finger of each hand presses outer side of upper arm at center of upper arm. Hold. Release. Then exhale.*
- 3. Breathe in and hold. Left hand finger presses in front at base of throat. Right hand finger presses in back on spinal cord opposite left hand finger. Hold. Release. Then exhale.*
- 4. Breathe in and hold. Pointer finger of each hand presses on its own side of lower back of skull, above top of neck. Hold. Release, then exhale.*
- 5. Breathe in and hold. Both pointer fingers gently press in on very center of forehead. Hold. Release. Then exhale.*
- 6. Breathe in and hold. Both pointer fingers very gently press in on very top center of head. Hold. Release. Then exhale.*
- 7. Breathe in and hold. Pointer fingers press on each other at the point as far as the fingers can reach above the top center of your head. Hold this pressing a moment....*



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8. *Feel a door click open as you pull these two fingers apart. Like water flooding out of an abruptly opened dam, exhale and LEAP out beyond those fingers.*
9. *Float or race out of your body to a place anywhere nearby that you choose. Stay there a while. Feel this experience.*
10. *Feel what it is like to be out. Get to know the accompanying sensations. There will be a time when you elect to move on and not to return to your physical body. But for now, for this exercise, and for much of your exploration and development, it is best that you come back. So...*
11. *Collect yourself back into your hands above your head. Then put yourself down on top of your head, ready to re-enter your body. Begin to will your SELF back into your physical body and you will come back.*
12. *Come back in. Place your right hand on top of your head and gently press there. Keep your right hand pressing there and place your left hand over your lower abdomen. Press there too. Hold. Breathe deeply....*
13. *You may need to hold for quite a while. This depends upon the degree to which you convinced yourself that you were able to key out of your body during this exercise. You may want to have someone press with his or her palms on the bottom of your feet, or hold your ankles, to help you move all the way back in to your physical body.*
14. *Note: if coming back in seems to involve more, then: Some of you will want to step back in the same way you stepped out,*



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moving your SELF back down into your body via your vertical axis.

Reverse Exercise 22.2 (GETTING OUT) for this. This will therefore be STEP BY STEP GETTING BACK IN.



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Finding Various Pathways

After Leaving The Body:

BOOK TWO, CHAPTER 23 CONCEPTS AND EXERCISES

Here, we experience the idea that we can form for ourselves the idea of what we may find out there beyond our physical biological body. The emphasis here is on the concept of the IDEA, because we want to open, further develop, and explore pathways in the brain and mind that can generate and develop this IDEA. This IDEA is a particular sensitivity, a consciously exploring sort of awareness. When an idea is thought, many things take place in the biological brain. Imagination functions as well as visualization and modeling and designing functions, among other functions, are triggered.

Think of an architect forming the IDEA of what she or he will be designing and drawing plans for. The IDEA must come first. Without the IDEA, nothing happens.

Then, from idea to vision to design to planning to actually building, there are a range of functions taking place in the brain, in the mind, then on paper, and then being built in 3-D physical reality. More and more these days, along the way, there are even 3-D models provided so that people can better visualize what the final outcome, the actual building, will look like.

Think of your SELF as your own personal architect. You are designing and building your own kingdom within and



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BEYOND. Indeed, when we are building our IDEA of a place REACHING BEYOND our physical plane reality, we are being this sort of architect.

Think again of the sprawling building described at the opening of this second half of this book, STREAM TWO: REACHING BEYOND. Even what is taking place in the foundation is difficult to see, to visualize, as in essence this is taking place out of sight, on the micro-level, the cellular and even synaptic levels of the brain.

If we can open new pathways even in our biological brain while we are a living biological being, we may eventually be able to move along these pathways to expand into the next levels or dimensions of our SELF. We can climb the stairs of our mansion, reach far past the foundation. We can climb up up up, and eventually step BEYOND physicality. Exploring these ideas builds the pathways, the stairs leading to our next steps.

In the meantime, exploring new pathways in our mind and brain brings us ever greater mental and even biological resources. These are resources we can know we have to call upon. We sense we are more empowered, even in daily life. We can be ever more conscious of what we are doing as we are moving through the patterns and networks of patterns we live in and within.

When we learn to see and trace our path through our life, through the situations and networks we are living in and within, we can call upon this sensitization as needed, even much later---as we may find ourselves someday moving



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BEYOND our physical biological body, and find we can recall what we have learned here.

We can begin to see what is involved in moving through, even changing or releasing ourselves from, patterns and realities. We can see where there is energy that may be tied up, locked in, even trapped. This may be our own energy that we can release to use for ourselves and our survival as we move forward.

EXERCISE #23.1

TRACING YOUR DEATH PATH

Study the death paths mapped in Figure 23.1. With a pencil and piece of paper, draw and label the death path you think you may at some point want to follow. Use components of the paths diagrammed in Figure 23.1.

Invent your own components and even design your own path if you wish. Discuss (with yourself in your mind, or aloud with another person) your reasons for choosing or designing your path as you have done.

If it helps you with this exercise (as with all the exercises in these books), you are welcome to use your imagination here. In your discussion, touch on the following topics as best you understand these:

- *Emotional death.*
- *The release of attachments and cords.*
- *The old consciousness matrix.*
- *The strength of the consciousness.*



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- *Energy involved in shedding.*
- *Increasing the concentration of one's Free Will.*
- *Variations of mental death.*
- *Giving over one's mental energy, even more so, one's PERSONAL CONSCIOUSNESS, to another power, OR:*
- *Choosing to further retain one's mental energy and PERSONAL CONSCIOUSNESS to further evolve it — to further SURVIVE.*
- *The option we have to have our personal consciousness DIE AND SURVIVE.*

EXERCISE #23.2

ENERGETIC SHEDDING

Close your eyes. Visualize a grid, or something like what you see when you look at graph paper. It may look something like this (a square with a grid in it):

Now, pour yourself into this grid, into the lines of this grid.

Imagine that you are this grid. Build tension into the structure of this grid, as if this grid is trapping your energy. Tense your entire



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body as you identify with the tension in this grid. Hold the tension at its peak.

Now, light up the lines of this grid. Then release this grid.

Deconstruct this grid: dissolve the lines. Transmute the energy that was held by this grid, allowing it to dissolve and dissipate into your own idea of highest Light.

Repeat this exercise several times, each time increasing the level of tension at its peak.

Feel the increase in the level of energy released when you dissolve your grid. This grid represents your old energy arrangement and matrix.

Your personal consciousness itself is escaping the biological matrix that housed it—it is releasing its actual SELF in order to survive, in order to DIE AND SURVIVE.

SPECIAL REMINDER AT THE CLOSE OF THIS CHAPTER

Keep in mind: This being fully conscious is not about being medically conscious, as once you are out beyond your biological brain and body, your SELF, your personal consciousness, is not medically anything. Begin training your consciousness now to know it can survive as your SELF, and not be absorbed.





NOTE ON FIGURE 23.1:

Figure 23.1 is titled, "Options at Death." This figure diagrams just some examples, some options and option pathways you may have, or may want to imagine you have, at death. These pathways are designated along three basic death paths, ranging from the less conscious, less aware and more powerless, entangled or weak deaths -- to the more conscious, more powerful, unencumbered, and strongly aware deaths. Note that the term "intentional" here refers to being conscious. Note also that the term "conscious" here does not refer to being medically conscious, as the personal consciousness we are talking about is not reliant on the physical body to survive.

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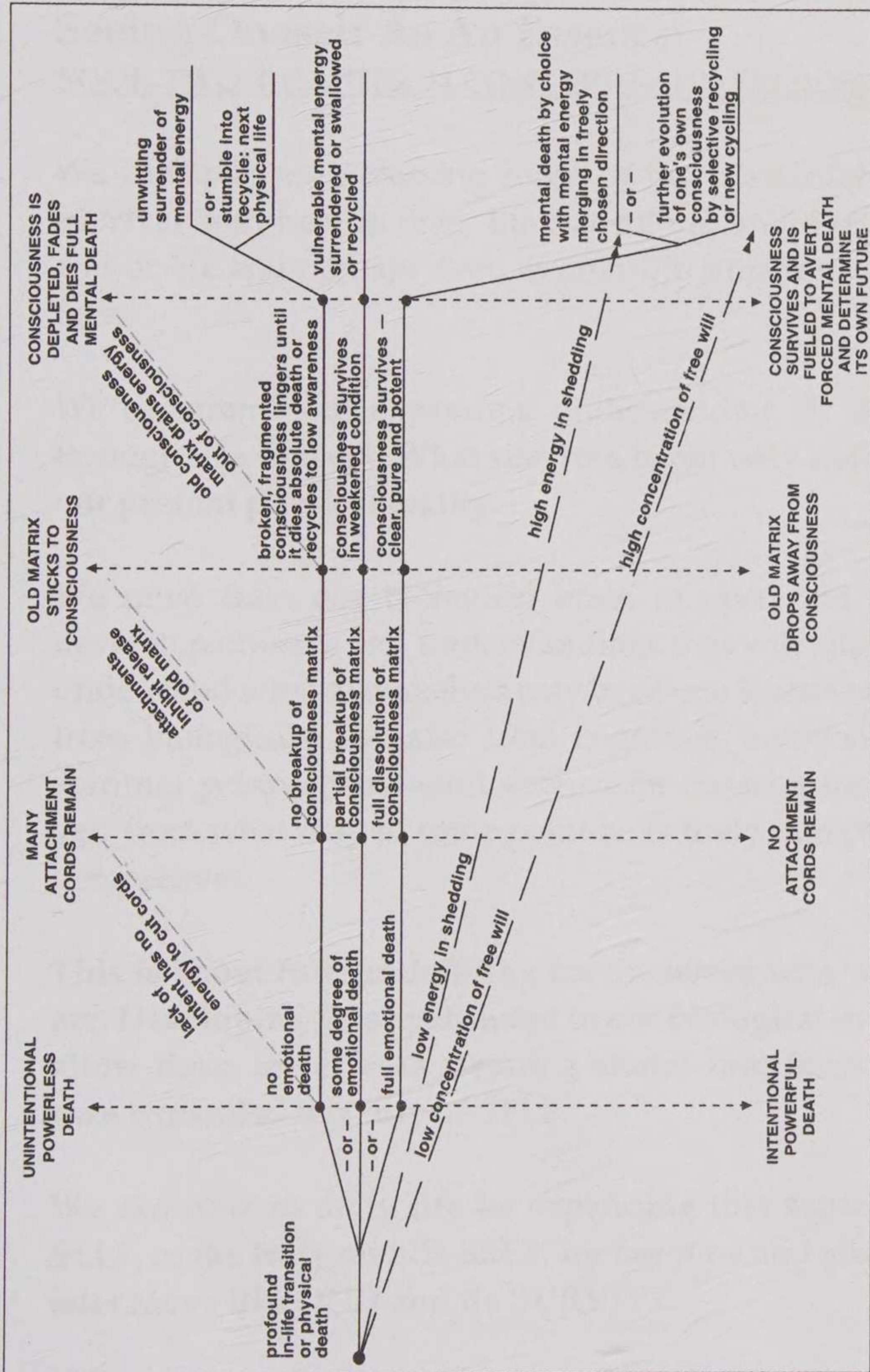
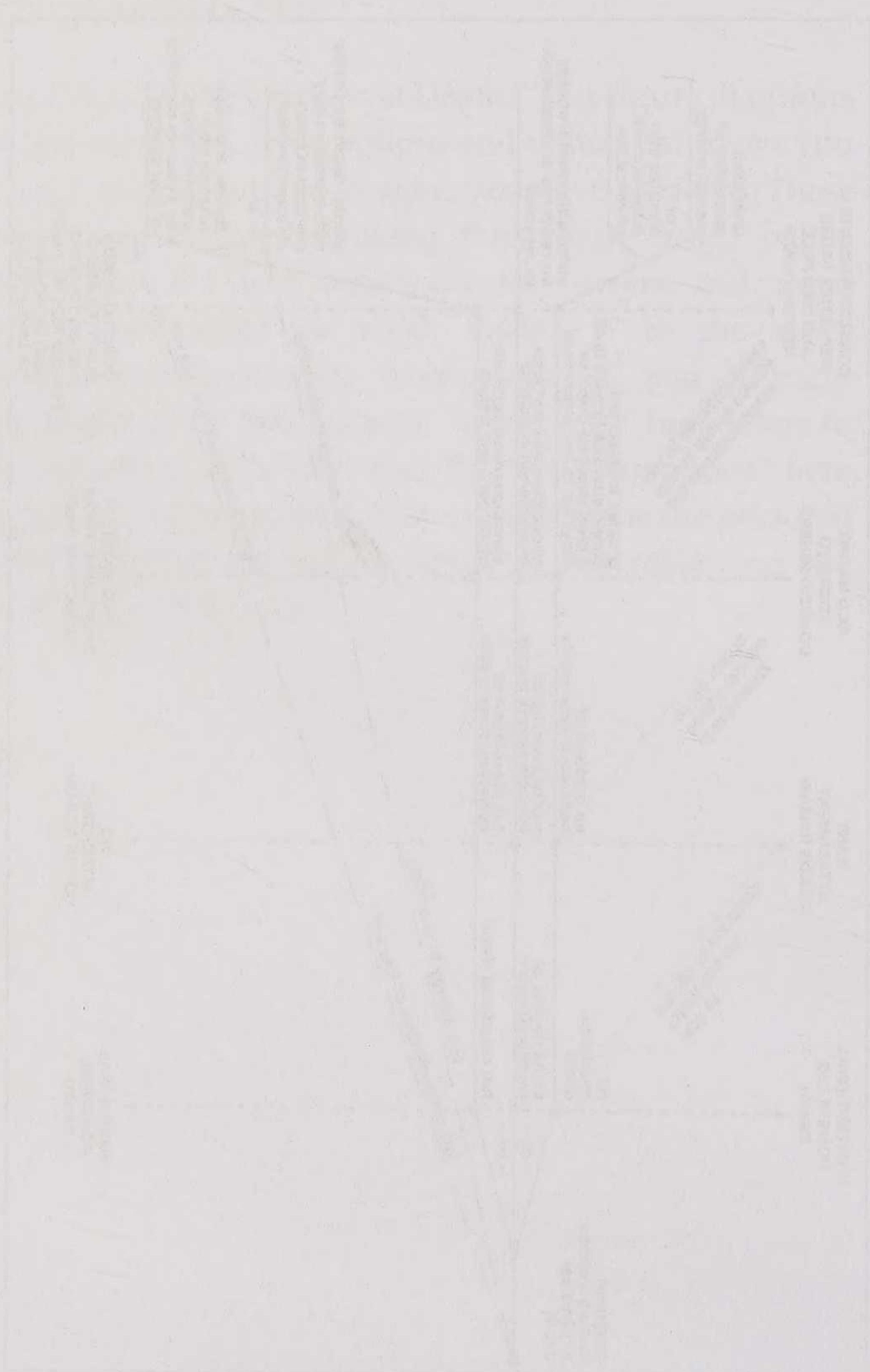


Figure 23.1
Options at Death



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Seeing Oneself As An Essence:

BOOK TWO, CHAPTER 24 CONCEPTS AND EXERCISES

We can gain an increasing sense of the possibility of our survival both here in daily life transitions, and then also in end-of-life and perhaps even in after-life situations we may face.

We can frame our expanding understanding by thinking through this concept: **What survives is not only defined by our present physical reality.**

We must train our biological brain to open and further develop pathways and understandings that will allow us to understand what of ourselves may be able to **learn to survive** from biological---and also from cognitive, emotional, and spiritual perspectives---and even from consciousness, and yes, from what may at some point be entirely non-physical, perspectives.

This is about further defining for ourselves who we truly are. Developing these pathways in our biological brain can allow these to serve as stepping stones into forming our own expanded territory of SELF.

We can now in daily life be expanding this sense of the SELF, of the truly mobile SELF, for use now and also as we later move BEYOND and do SURVIVE.



EXERCISE #24.1

CLARIFYING YOUR ESSENCE

Spend quite a while attempting to find the essence of you. What are you without your feelings, your friends and family, your history, your commitments? Sense the core, the basic character of your personal consciousness' energy.

Get to know this inner and true nature of your actual SELF. Strip down to your pure unencumbered personal consciousness. Hold there.

EXERCISE #24.2

DISSOLVING AT THE MEMBRANE

Now, be in the center of this core essence of you, of your actual SELF. Direct your essence to spread out, becoming even less dense than it has already become, by focusing on it.

Dissolve to minuscule bits of yourself. Know that each bit is all of you. You are not broken into pieces here. Each bit is whole. Contemplate this state of being for a while. . . .

Now, have all your bits approach a wall of clear skin. The skin appears to you to be the wall of a giant bubble. You must get into the bubble through its pores.

Be just one of your tiny bits representing your entire SELF, your purified personal consciousness. Move toward the membrane. See



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the opening, the pore in the membrane, that you will take your essence through. Approach the pore in the skin.

Get right up in front of this pore. See that this pore has a membrane across it too. This membrane is thinner than the skin around the pores.

This special membrane is a sieve-like barrier, only allowing bits of your essence through, bits that are unformatted, that carry no grid or matrix from the previous dimension.

See yourself as stripped down of all projections, matrices, grids, attachments, old ideas about your SELF or reality. Clarify and purify, as if you are a drop of water un-muddying itself, a Light changing from murky to crystal clear.

Feel crystalline and sharp in your essence. Sharpen. Sharpen your essence.

Sharpen and refine. Hold a while as if perched on a high mountain ledge, or on the outside window sill of a very tall building. Sharpen your essence and perch. Hold this perch. Take a soft breath in and hold it in as you perch, balancing your crystal clear purified essence before the special membrane. Hold your breath a little longer.

Then, suddenly, feel as if you are melting. Relax and release your breath. Melt until you are almost nothing.

Slip, like a very clear, very tiny, microscopic river, right through the membrane or pore of the skin of the next dimension of your personal consciousness. As the river of you crosses through the membrane, feel as if you are being combed through and through.



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*Know that your arrival on the other side has occurred when the
combing sensation ceases.*

*Congratulations. You have made it through to the other side.
Collect your SELF here.*

YOU have continued to survive.



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Retaining The Consciousness, The SELF: BOOK TWO, CHAPTER 25 CONCEPTS AND EXERCISES

In this chapter, Chapter 25, we further explore and experience our SELF as who we actually are. We feel we are something that feels more than just biological, because we are aware of our SELF in the way our arm or leg or kidney or heart may not be. We are aware of our SELF as a personal essence, a personal consciousness.

Again, as noted in the previous chapter, we can be seeing the SELF as perhaps more than a biological self---as the IDEA of the mind, and at the same time seeing the SELF as the actual biological self with its biological brain.

When we consider and experience this notion, we allow ourselves to build upon, further clarify, for ourselves who we are, and thus who survives.

Once we know this self who can survive, we can dialog with this self to prepare this self to survive both here in daily life and beyond.

EXERCISE #25.1

RETAINING YOUR CONSCIOUSNESS

Find yourself passing through the membrane, or even the pores of the skin, of the next dimension of your SELF.



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Remember, you have become many bits of your essence to do this. You have disassembled and reassembled your SELF to pass through boundaries and membranes.

As you pass through the pores in the membrane, feel your entire consciousness housed in, stored in, each reduced and purified bit of your SELF. You are your whole self in each bit of yourself. Contemplate this form of your SELF for a moment. There you are again and again and again!

Now, be with one bit of your SELF. Move that bit of yourself through the pore in that membrane you wish to move through.

Now, move all the bits of yourself through this layer or membrane, into the next place you wish to be.

You have no body and thus no physical eyes here, so use your inner eye, the one you trained while still in a physical body, to see every bit of this process.

See each bit of yourself being combed by the fine sieve of the membrane. Feel every minor sensation involved in this combing process. Continue into next exercise.

EXERCISE #25.2

CLUSTERING YOUR CONSCIOUS BITS

See each bit of yourself arrive on the other side. Recognize each bit of your SELF. Gravitate all these bits toward each other.



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Have your bits begin to cluster. Have your bits greet each other quite consciously. You are consciously re-assembling now:

Yes! Consciously!

You are still conscious!

You are still here!

**HELLO ACTUAL SELF,
YOU HAVE SURVIVED.**



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Seeing The Dance We Can Do:

BOOK TWO: CHAPTER 26 CONCEPTS AND EXERCISES

We can be imagining and visualizing ourselves as living and conscious beings who are already living both here in this physical plane in these physical biological bodies, and also beyond, in our own territory of our own consciousness.

This brief chapter explores the idea that we can already be sensing ourselves expanding beyond our own physicality---

**by exercising
the part of ourselves
who are already out there.**

We can imagine we are moving around as non-physical **be-**ings, as bodies without biological bodies.

As you do so, be immensely patient with your SELF.

This HOW TO DIE AND SURVIVE TECHNOLOGY is a lot to take in. Yet, this SURVIVAL AND DEATH TECHNOLOGY is so profoundly simple, while so profound.

Here, you are learning about navigating not only daily life transition, but also about navigating movement into and within boundless infinity. Your mastery of transition, change, death, survival, and travel will unfold within you as your personal consciousness grows in its awareness of itself.



You are becoming ever more aware of who you truly are, and of who it is that can truly survive.

Hint: It is you who can survive, as you know.

LET'S EXPLORE POSSIBILITIES HERE

At the right time, and only at the right time, your instinctive longing for the incredible journey into the glistening BEYOND, into YOUR BEYOND, will begin to invite the dissolution of your old biological webs.

You will eventually manage to dissolve into whole bits of yourself and transport your essence, your purified personal consciousness, across the membrane.

ASK THE QUESTION

But will you ever pull yourself back together again? This is the most significant decision you will make on your journey. Come to know now that you can, at the right time, have this option.

Will you re-assemble, re-bundle these minuscule bits of your SELF? Will you spin a new personal consciousness matrix out of what you have taken through the membrane?

Will you be your actual SELF again?

By asking this question at the point in your journey when you have just managed to cross the membrane, you have accomplished something tremendous: you are on "the other



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side" and you are still conscious, or you would not be able to ask yourself such a question!

You, as your actual SELF, have survived!

DANCE YOUR CREATION

Now is your opportunity to choose of *your own Free Will* whether to:

- Disperse the bits of your SELF, your pure core personal consciousness, into the particular dimension and location within dimension that you have come to, thereby dissolving your SELF for good; OR ...
- Rebundle the bits of your SELF, your pure core personal consciousness, and remain your SELF, and journey on through the Cosmos as your SELF, as long as you choose to survive.

We will return to the pros and cons of the first of the above two options in later chapters of this book. Here, we will concern ourselves with the second of these options: rebundle your consciousness, survive as your personal consciousness, as your SELF.

Once you have clustered the bits of your SELF on the new (new to you) side of the membrane, in order to actually rebundle, you must have your bits engage in the following steps:

- 1) Arrive at a common intent to rebundle.



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- 2) Pull the cluster of bits of your SELF in tighter together.
- 3) Begin spinning each bit in what seems to be a clockwise direction at its base and a counter clockwise direction at its top.
- 4) Increase the spinning of these bits until a high humming is heard by each bit and among the bits.
- 5) Have the spinning bits form an ocean-like wave together by moving, oscillating en masse, up, up, up, and then rolling, rolling, rolling outward, and then coasting down, down, down.
- 6) Continue onward repeatedly making such waves, involving all your bits, as they are of common mind.
- 7) Increase the power and motion and speed of these waves.
- 8) As each wave rolls, begin to form a spiral at its center.
- 9) Have these spirals become increasingly powerful with a stronger and stronger suction force being formed within each successive wave.
- 10) Have this suction begin to overpower the wave, pulling more and more of the bits of the wave (the bits of you) into its center.
- 11) Have this suction eventually have all the bits pressing in on themselves so tightly that they compress and merge!



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- 12) Become one with YOU, with your SELF, with your personal consciousness now rebundled, again.
- 13) As you do, see your SELF as a gleaming ball of Light. Call this your Light, call this YOU. You have realized you can *die and survive*. Welcome to your SELF.

EXERCISE #26.1

DANCING THE WAVE

Visualize your SELF as a cluster of bits of your pure personal consciousness.

Now proceed through the steps listed above. You may want to have someone read these steps to you.

EXERCISE #26.2

ARRIVING AGAIN

When you have completed the last step, tell yourself: "I am my own personal consciousness rebundled, re-coalesced." Feel the meaning, the essence of this statement. Feel your essence.

Congratulations. You have just completed the dance of survival and SELF re-creation. You have done another round of this.



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Exploring The Notion Of Reformatting:
BOOK TWO, CHAPTER 27 CONCEPTS AND EXERCISES

As noted in the opening of the previous chapter, we can be imagining and visualizing ourself as a living consciousness--**as a lifeform that exists even beyond our biological body.** We can see our SELF, even get to know our SELF, as a conscious being who is already living both here in this physical plane in this physical biological body, and also BEYOND, in our own territory of our own consciousness.

This brief chapter continues to explore the idea that we can already be sensing ourselves expanding beyond our own physicality---**by exercising the part of ourselves who are already out there.**

Note that the IDEA of being OUT THERE is just words being applied to some vague sense of the possibility that there is an OUT THERE out there, that there is a BEYOND out there BEYOND what is here.

What you do when you are out there is also at this time simply an IDEA you can be exploring.

As you have seen in the previous chapter, you can explore what it might be like **to move around in a space where you have survived, yet have no physical body....** What are the possible situations you might find out there BEYOND? Might you find your SELF expanding and then pulling back to your center? Might you find yourself---or at least YOUR



OLD IDENTITY PATTERN---dissolving or dispersing, and then reformatting to something new as you continue to survive?

Take this opportunity to see what it might be like out there BEYOND, to see what you might find your SELF doing, finding that you have indeed died and survived. Just as you might not go sailing without knowing how to sail a sailboat, you might want to get to know how to operate your SELF out there as a stranger in a strange land -- in the home of your actual SELF.

EXERCISE #27.1

REFORMATTING PRACTICE

Close your eyes. Imagine that you are dissolving. As you dissolve, find that what there is of you now is evaporating. As you evaporate, find that what there is of you now is dispersing, spreading out.

Disperse as far as you can imagine dispersing. Feel your consciousness dispersing.

Continue dispersing until you are told to reformat. When you are told to reformat, see and feel yourself snap back into your physical body.

Now reformat. Reformat in any way you choose. As you do, seek to preserve your unattached SELF. This is who survives.

Think of wild species, such as dolphins and whales, caught in fishing nets, then dying while entangled in the water. You do not



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want to be caught in nets and cords that have followed you from your previous life. These could drown you.

EXERCISE #27.2

REPEATING REFORMATS

Do the above exercise several times in a row, each time dispersing your consciousness further, then disentangling it from old cords, and then each time when pulling it back together, reformatting it with more awareness.

With each successive reformatting, try to detect and leave out more of any old bits of your SELF that carry old patterns, attachments, cords.



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Seeing The Idea Of Dimensional Expansion: BOOK TWO, CHAPTER 28 CONCEPTS AND EXERCISES

Here, we step right up to the IDEA that we can purposefully, consciously, choose to expand our mind, our spirit, our consciousness, to reach, to survive, BEYOND our physical bodies and physical plane lives. This is a conscious choice to opt into expansion to include the BEYOND in our definition of ourselves and our territories. Basically, this is a step onto the flowing sidewalk, the moving pathway, to include our continuum of consciousness as part of our identity, as part of our identified territory.

We can explore what this HOW TO DIE AND SURVIVE TRAINING presents as our DIMENSIONAL CONTINUUM, or better stated, our INTER-DIMENSIONAL CONTINUUM.

Can it be that we can actually move---expand---our mind, our actual SELF, through the biological brain we have here in this material plane operating us, move our SELF BEYOND? Can we actually construct and then move along the stepping stones, step by step, cell by cell, synapse by synapse, neurotransmitter by neurotransmitter, ion by ion, idea by idea, to a moment where we actually do step BEYOND physicality into non-physicality?

THE IDEA OF DIMENSIONAL EXPANSION

Crossing over into non-physical reality has many characteristics. (Several books in this KEYS TO



CONSCIOUSNESS AND SURVIVAL SERIES delve further into these characteristics.) Here, let's simply say that this *crossing* can be as conscious as possible, and can be a many splendored *conscious transition experience*. (Note: whether or not we are medically defined as being physically conscious, we may be consciously experiencing this crossing over.)

Exploring this crossing over experience in advance is a wonderful way to train the consciousness to watch for these steps, and to travel these transitional steps adeptly, consciously.

FIND LIFE ALONG THE CONTINUUM

Of course, imagination itself does not produce fact. However, imagination allows the mind and brain to explore possibilities, to open doors of awareness. You can begin to communicate with your mind and brain, even with your awareness and its consciousness. You can begin to talk to your brain, to your mind, to your consciousness. You can do all this as you develop the range of your *continuum of awareness* and thus of your *continuum of consciousness*.

Let's say we have, or can choose to have, *non-physical (or beyond physical) territory* for ourselves. Let's say we can consciously extend our *continuum of consciousness* while here in this physical plane living in our physical bodies. We can generate possibilities, link brain cells and ideas, open doors in our minds, create learnings, envision worlds beyond those we are presently finding ourselves in every day.



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We can be building, constructing, new regions, new domains, opening new territory for ourselves. **Welcome to life along the continuum of consciousness, where we can see well beyond OUR present LINE OF SIGHT.** (Refer to Volume 10 in this KEYS TO CONSCIOUSNESS AND SURVIVAL SERIES, titled, SEEING BEYOND OUR LINE OF SIGHT.)

EXERCISE #28.1

DIMENSIONAL EXPANSION

Close your eyes. Be a point, a single point in space. Feel that you have no height, width, or depth.

Now, stretch out this point into a row of points. Do this so that you are stretched out into a long thin line. Feel that you have only one dimension: length. Float this way a while.

Now, stretch the line out, spread it out, into a row of lines, or a plane, a big flat plane. Float this way a while.

Now pile many planes onto your plane, making them stack themselves, sandwich themselves into a cube. Feel that you now have length, width, and depth. Float this way a while, as a three dimensional object. . . .

Now, move this three-dimensional object that you are, this cube, through time, with its length, width, and depth each moving through time in its own different direction. Do this and see that you undergo an incredible expansion!



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You feel large and limitless, free of the confines, of the boundaries of the three-dimensional form of the cube you were trapped in. This is the time burst of the full fourth-dimensional energy expansion. This time burst signifies the LEAP into the dimensions BEYOND.

Hold for next exercise.

EXERCISE #28.2

RAISING TO THE NEXT LEVEL

Now take that energy expansion, that time burst, that LEAP, and raise it yet another level.

Expand in some new way, a way you cannot exactly describe. Do not think about this too hard. Just let your mind review the nature of the mental shift, the LEAP across dimensions, that is needed to go:

- from the idea of a point, to the idea of a row of points, a line or a straight piece of thread;
- from the idea of a line, to the idea of a row of lines, a plane or a flat piece of paper;
- from the idea of a flat 2-D plane, to the idea of a 3-D cube;
- from the idea of the 3-D cube, to the idea of a 4-D time burst;
- from the idea of the time burst to something yet another burst beyond that;
- and so on.



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Being Aware Of Cycles As Patterns:

BOOK TWO, CHAPTER 29 CONCEPTS AND EXERCISES

Now, let's take a return look at the matter of patterns and cycles we form as we live our lives. Here, we are looking deeper into the perspective and depth of the inner SELF ground we have so far covered. Now, we see more and more every moment: **We see how we are not our patterns, we are not the cycles we live through, around, and within.**

We are not what we may feel enmeshed in, entangled in. How easy it is to confuse ourselves and our boundaries with the patterns and cycles that we are attached to and enmeshed in. Yet, these are not our actual identity.

As we explore these generally simple HOW TO DIE AND SURVIVE TRAINING Exercises, we see these exercises can invite messages from us to our actual SELF. We can tap into who we are as we feel, *actually feel on a core level*, the distinction: we are not the nets of cords and attachments we are enmeshed in.

We are not the bird entangled in the fisherman's net.

**WE NEED NOT BE CONFUSING OURSELVES
WITH WHAT ENTANGLES US.**

The net or network is what we or others have woven around and within us, yet this web is not us. Once we distinguish ourselves from the network of cords and attachments that



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tell us they are part of us, that they are practically subsuming our identity, we can then free our actual SELF.

**Like the bird freeing from the entanglement of the net,
we can be free to fly, to survive.**

Now we can better master the enmeshing effects of the patterns and cycles that we live with, within, and around. Now we can be in control of how we are affected by these, **and of how our identity too often reflects these.**

As we begin to see ever more clearly that we are not the patterns and cycles we form and live through, we become ever more aware of the actual SELF who we actually are.

Who we are is who can survive.

WHO WE ARE IS WHO
CAN FLY FREE AGAIN.

EXERCISE #29.1

IDENTIFYING CYCLES

Identify four or more cycles, patterns, parts of your life, or entire lives that you have experienced, or think you have experienced. Call each of these a cycle. Be creative here. Use your imagination if you cannot think of any large or small cycles you have lived through or are still living in.

Make a chart similar to the one below. This chart has four columns listed across the top, and then numbers listed down the left side. Across the top of this chart are these column titles:



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- The first column is: Identified Cycle Or Pattern.
- Then, the second column is: Number Of Repetitions Of This Cycle Already Experienced.
- Then, the third column is: Has Full Mastery Been Achieved, Or Are More Cycle Repeats Required?
- Then, the fourth column is: Number Of Additional Repeats Of This Cycle That May Be Required/Desired.

Again note, down the left side of this chart are numbers for each row or cycle entry you may want here, such as 1,2,3,4, and so on.

For those of you with the print or ebook version of this book, you can see this chart here below:

|

Identified Cycle Or Pattern	Number of Repetitions Already Experienced	Has Full Mastery Been Achieved	Number Of Additional Repeats Of This Cycle Required/ Desired
--------------------------------------	--	---	---

- 1.
 - 2.
 - 3.
 - 4.
-



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Go ahead and list your cycles and patterns on this chart. Remember, every pattern is itself a cycle. For each cycle, list the estimated number of times you have already repeated it. Note whether or not you have learned what you want to learn from each cycle, whether you have mastered whatever it is you were learning from that cycle.

You can also note whether you feel there is little or no learning that has taken place. Also note how many times you feel you may need to repeat this cycle to learn from it.

Never be concerned about making a perfect chart. The purpose of this exercise is to get to know your own life patterns and cycles, and whether these are being repeated. Even just jotting down notes about all this is a good way to become more aware.

EXERCISE #29.2

RECYCLING CONSCIOUSLY

Choose one or more of your in-life patterns and cycles. Imagine that you make a conscious choice to repeat it so as to finally learn all there is to learn from it. What would you do differently this time — now that you have made this conscious choice to learn?

How would you keep yourself conscious of the fact that you have made a conscious choice to repeat this cycle or pattern in order to learn from the experience?

Can you feel the subtle, often unseen, energies involved in your making these decisions?



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Getting to know yourself on this subtle energy and subtle awareness level is part of survival both here and BEYOND.

NOTE ON FIGURE 29.1

Figure 29.1, *To Recycle Or To Ascend*, is an illustration of this question: Do we have a choice? Can we choose to survive, and if so, do we have the option of choosing whether to recycle or to ascend? How do we think of this IDEA, of recycling ourselves? And, how do we think of this IDEA, of ascending ourselves? These are indeed IDEAs we can explore.

Audiobook Listeners are encouraged to see the Figures referred to in this book contained in the paperback and Ebook versions of this book.



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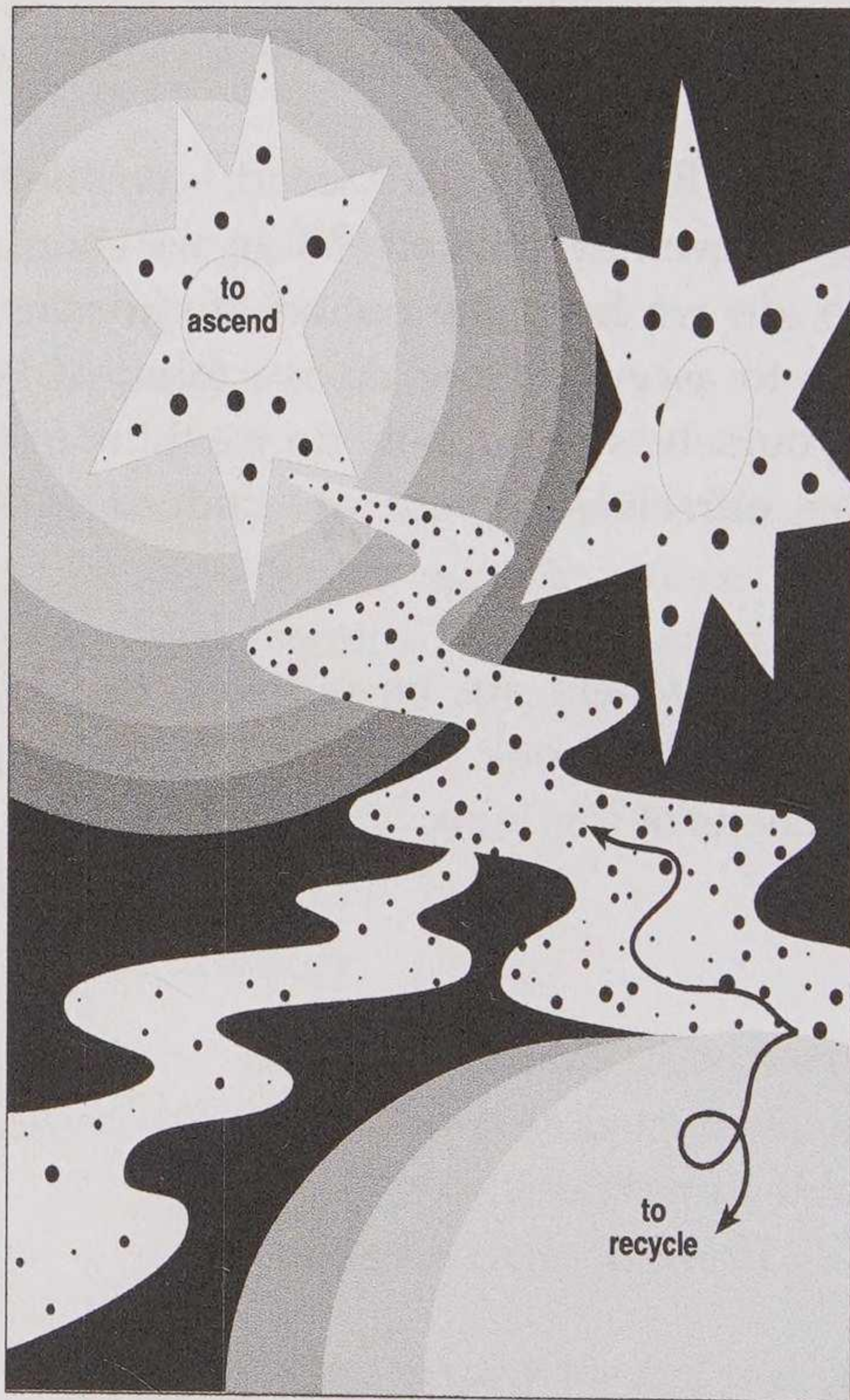


Figure 29.1

To Recycle or To Ascend?



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Defining For Oneself A

Personal Resurrection Experience:

BOOK TWO, CHAPTER 30 CONCEPTS AND EXERCISES

Gaining a sense of the **separation of our identity** from our external as well as internal environment, from internal and external events and patterns that have enmeshed us, can free us. We can begin to feel that we can move the SELF through situations, even challenges, even changes and endings, minor and major transitions, and survive. This is because we become ever more aware of who actually survives: WE DO, OUR ACTUAL SELF DOES.

We can gain a sense of what it means to move through, to pull through, minor and major transitions. We can find ourselves pulling ourselves back together following a transition, coming back to life so to speak.

The process of facing a challenge, or perhaps an ordeal, can be daunting. We can begin to feel so lost in the process. so disoriented, intensely discouraged. Again as noted earlier, nothing in the exercises in this book can treat medical or psychological conditions. Please see professional experts for treatment. Here we are looking at ways of seeing the processes we are moving through.

We can strive to hold on to the IDEA that we can be ever more conscious of who we are, of ourselves not only as physical biological **be**-ings, but as our mind, our spirit, our consciousness itSELF. We can become ever more aware of



our own essence, of the SELF, the personal consciousness we are, to navigate ourselves through.

Sometimes things are so difficult that we feel like things are falling apart. We feel patterns we are caught in being demanding, even changing and becoming more entangling. These may be biological or emotional or social or financial or other patterns, or some combination of patterns.

Think again of the bird entangled in the fisherman's net. The bird must break free to fly again. This flying again is a sort of resurrection of the SELF, of the mind, the spirit, the consciousness. Exploring this IDEA can help us open awareness in our brain and mind: we begin to see that this model of personal process can be valuable.

On some level, this is a sort of personal resurrection, a moving through and coming out in some way on the other side of the situation.

EXERCISE #30.1

SEEING SIMPLE RESURRECTIONS

Think of the times in your life that you have resurrected yourself. Try to come up with at least five examples. Include some very simple examples such as having a fever for a couple of days and feeling absolutely awful, and then feeling very cleansed and pure and relieved when you are well again. Also include some slightly more demanding emotional or physical experiences that you have



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encountered in your life -- consciously recovering from diseases, divorces, grievings, addictions, traumatic transitions.

Make some notes about these. Describe in a few sentences how your recovery, your transition out of those phases, can be interpreted as minor or major personal resurrections.

EXERCISE #30.2
RESURRECTING

Whether or not you participate in a religion that believes in resurrection, or in any religion, let us use the imagery of the Christian resurrection for this exercise.

Keep in mind that you do not have to believe in resurrection, or in the Christian religious doctrine, here. We are basically using imagery to train the mind, to focus, to visualize. We can use imagery and the sense of its energy in a particular way that will facilitate the death and elevation-ascension process being conducted by the mind, actually by the personal consciousness.

See yourself on a hill, an abandoned hill, no people around.

You are on a cross, your arms strung out horizontally on either side of yourself, tied to a horizontal piece of wood which is attached to a vertical piece of wood. Your body is tied to the vertical piece of wood that intersects the horizontal wood, with your your feet tied together there at the bottom. Higher up on this vertical piece of wood, your neck, shoulders, and torso are tied to that vertical piece of wood.

You are stretched out on this cross.



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You go for days exposed to the weather and without food and water. Eventually your physical body weakens. It can no longer hold you.

...

You rise out of your physical body. You float higher and higher, expanding as you do. You detach the cords connecting back to your physical body. As you do so, you feel the frequency at which you vibrate raise, speed up.

You float even higher above your physical body and continue to look down upon it.

We will not parallel the journey of the Christian figure, Christ, and his resurrection here. We only use the imagery of the person on the cross.

You are still looking down on your body; you are not in any physical state. You access, you feel, a Light coming to you, a very high vibration of energy. You absorb that high vibration into your consciousness. As you do this, you feel yourself pull together.

You almost automatically pull your expanding perhaps dispersing consciousness back together to remember your physical form. As you do, you find the bits of your consciousness reassembling, generating the image or the shape of your physical form.

...

A major reduction in your vibration now occurs. Like a wave sweeping through you, you shudder. You shrink down from your floating SELF, but you do not touch the ground. You shrink down,



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forming this new SELF, the shape of which now appears physical, and which appears to be the physical shape you had maintained during your physical life that you have just left.

Now you float down and land on the ground in front of your dead, crucified, physical body hanging on the cross.

Realize that you are not as dense in your resurrected state as you are in your physical state. In your mind's eye, walk the planet this way for a little while. Note that only some of the people living in physical bodies see you. Only some eyes see your presence.

After a while, you become as dense and physical as the physical body you began with. Note the further reduction in vibration you undergo, as you slip back into your original physical body.

EXERCISE 30.3

RESURRECTING YOUR HEALING

Find yourself again in your body, on the cross, as at the start of Exercise #30.1. This time the cross is on fire.

Imagine for a brief moment your body is distressed, agonizing, suffering physically. Suffer until your only refuge is to escape your suffering body.

Whisk out of that body.

And now, while outside your damaged physical body, energetically form a non-physical version of your body, unencumbered by the pain and torture of fire, unfettered by the assault with which it had been presented only moments prior.



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Re-form your body, some distance away from the suffering body there on the cross. Stand in your reformed body and face the body on the cross. Stay there a while. . . . Look.

From your re-formed body, some distance away from the suffering burned body on the cross, you watch.

Now you see the burned body on the cross heal, return to a healthy state, and climb down from the cross.

This newly healed body now stands before you, the re-formed you. You stand there facing the newly healed body, looking from the reformed body you manifested.

Guide your reformed body back into your healed body.

Merge with yourself. Try to detect the instant in which the merging is complete.

Re-enter this dimension, this physical plane here on Earth.



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Seeing And Sensing Openings:

BOOK TWO, CHAPTER 31 CONCEPTS AND EXERCISES

This adventure can take us in an infinite number of directions. We can gain heightened awareness of what about our SELF survives, moves through, and then finds our SELF still standing.

As we move through the environment, we can become increasingly sensitive to the nature of, the sensation of, the feel of, the ever greater awareness we can generate. As we do, we can get to know more and more about the IDEA of a non-physical environment – and of a non-physical SELF within that environment.

We can imagine or define for ourself the non-physical spaces we are moving through. We can sense openings, opportunities, places to move toward and places to move away from. Now we are using another sort of compass.

EXERCISE #31.1

SEEING OPENINGS AND COMPARING PORTALS

Right now, with your eyes open, pretend that you see very, very large, openings, filmy mouths of caves, or eyes, or sides of bubbles at various locations in your environment. Realize that each of these is the opening to another realm, a passage, a walkway, yes, a portal of sorts.



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Now, close your eyes and imagine that you see many, many, many more of these portals. You realize that each of these has a slightly different characteristic, a slightly different Light coming from it, a slightly different magnetic pull on you, a slightly different degree of and type of interest in you or attraction to you, a slightly different vibration.

Begin to think about the differences in experience that you would have should you choose to sample the crossing of the membranes into each of these various portals and the spaces beyond their membranes.

EXERCISE #31.2

FEELING PORTALS

Close your eyes. Reach before you, with both your hands, into the air or atmosphere. Begin to feel the space in front of you with your fingertips. Imagine that, or actually notice that, the atmosphere you are touching has great variations in energy and density. Sometimes these variations appear to be within an inch of each other or within a foot of each other or within a few feet, or further apart.

Notice that you can feel what your fingertips touch as well as what your fingertips perceive to be out in front of them, some distance away.

Where you find significant differences in the atmosphere you are scanning, begin to use your hands to detect the presence of a portal, an opening, to another dimension of your SELF, of your reality. When you think you have found one, stay with it. Or, if you do not



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think you have found one, just use your imagination, invent a portal, and stay with it.

Use your fingertips to feel the edges of that portal. Feel all the way around and then use your fingertips to feel the membrane of that portal's opening. Feel it very gently, delicately, as if you don't want to pop the membrane. Although this membrane appears thin and filmy, and weak, it is very strong and very selective as to what it lets through. Still, treat it gingerly and with great respect.

Hold for next exercise. Stay with this portal.

EXERCISE #31.3

RESPONDING CONSCIOUSLY

TO THE OPPORTUNITY OFFERED BY A PORTAL

Bow or nod your head downward, as if you are nodding or bowing in respect before this portal. See the portal as the mouth of an energy greater than yours. As you bow, check inside, check with your SELF, to be sure that you feel that this portal deserves your respect, your awe.

Is this a benign presence, or is this an illusion, a dark space wearing the mask of Light, a suction seeking to kidnap the energy you have generated by your personal consciousness, seeking to suck you in and take you over?

If you have hesitation while bowing, cease bowing in respect. Come back to face the portal and say, "No thank you, not today. I choose to go another way."



If, on the other hand, you feel great awe and respect for this benign energy, for this door to this potent energy that this portal represents, you may want to complete your bow and request permission to explore by stating, "I request permission to enter of my own Free Will."

Always remember that, if this is a portal into your own domain, you will learn to know this. Detecting when portals are opening into other domains, and what their purpose and intent may be, is part of exercising your increasing awareness--both in life and in after life.

.....

NOTE ON THE FOLLOWING CHAPTER 31 FIGURES

Readers, the figures found on the following pages, Figures 31.1 through 31.3, are images similar to ones we can imagine for ourselves. We can begin to imagine, even to design, our own pathways and openings out there BEYOND our physicality. In this sense, we can form our own portals, and design means of opening these portals and of moving through them. In this process of imagining or visualizing, we can begin to design our own non-physical reality with characteristics of our own kingdom.

In the following Chapter 31 Figures, the concept and image of the **HOW TO DIE AND SURVIVE Double Triangle As Portal Transport Concept** is visually introduced. Figures in later chapters of this book further develop this **HOW TO DIE AND SURVIVE VEHICLE OF TRANSPORT CONCEPT**.



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Audiobook Listeners may want to refer to the paperback or ebook version of this book to view these figures where the ideas of approaching the Light, and of moving through a portal are visualized.



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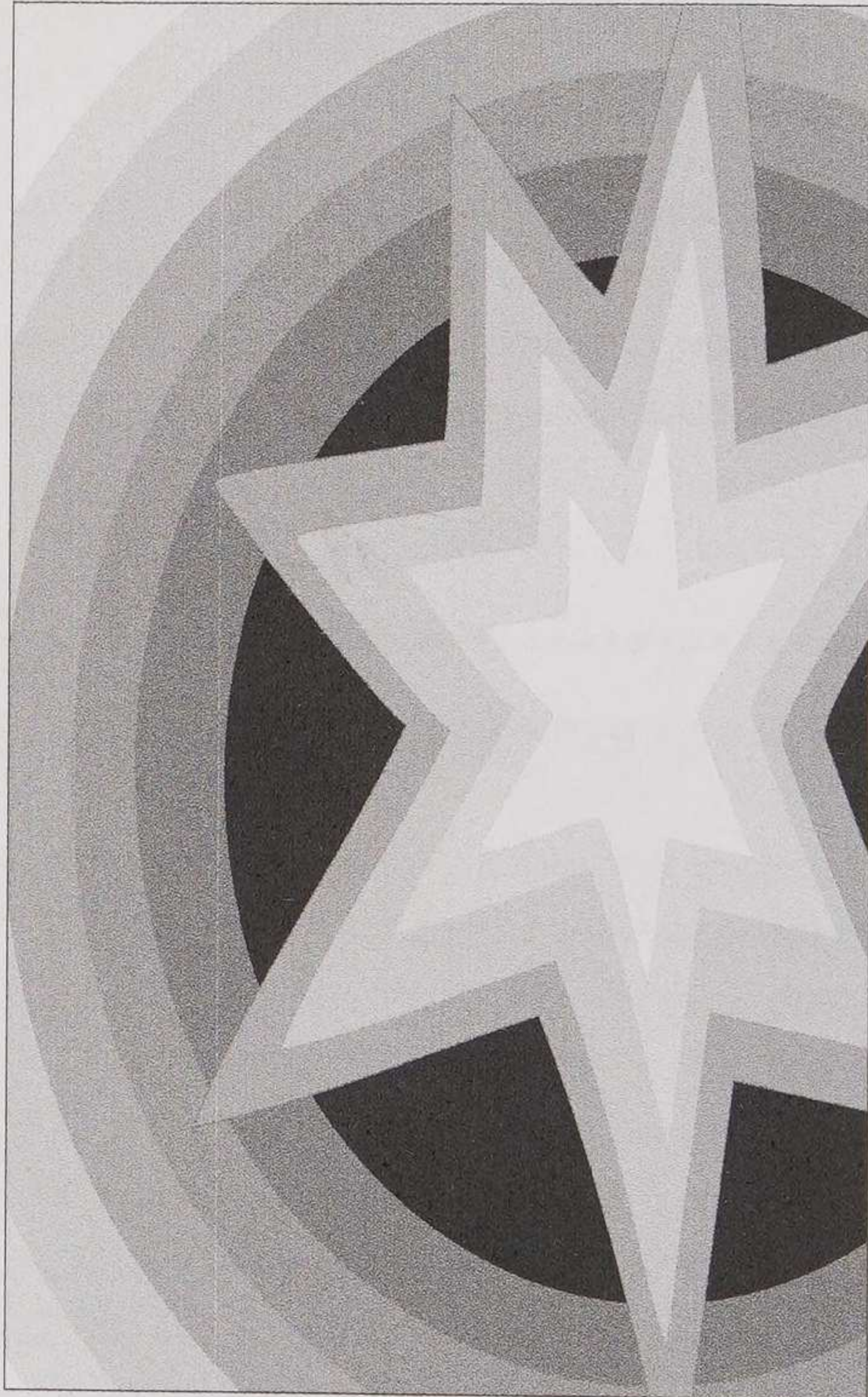


Figure 31.1
An Opening to Light



HOW TO DIE AND SURVIVE, BOOK THREE

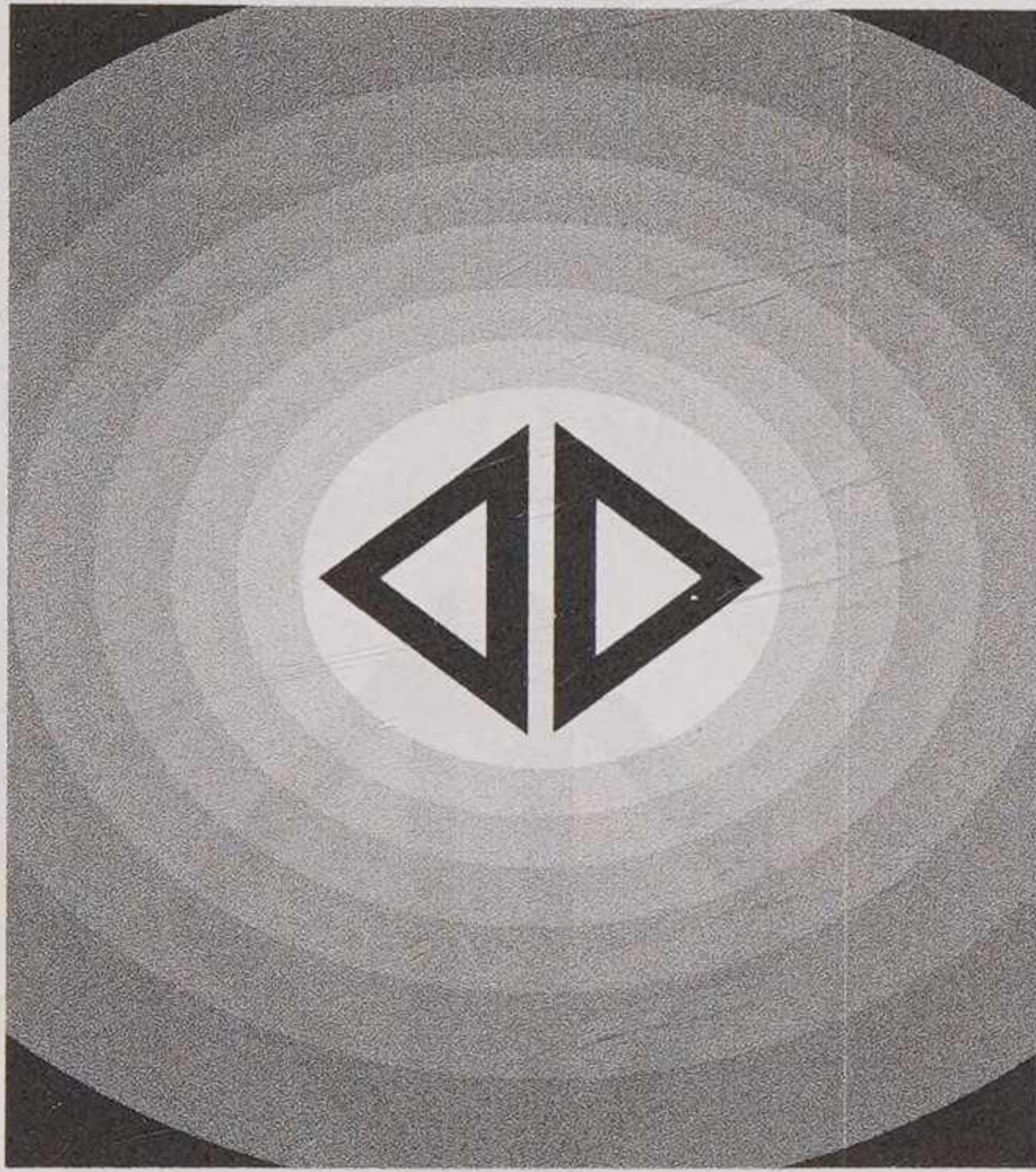


Figure 31.2
Portal Vortex



Key Insights, Messages, And Collected How To Die And Survive
Concepts, Processes, and Exercises For Living, Dying, and Surviving Here and Beyond

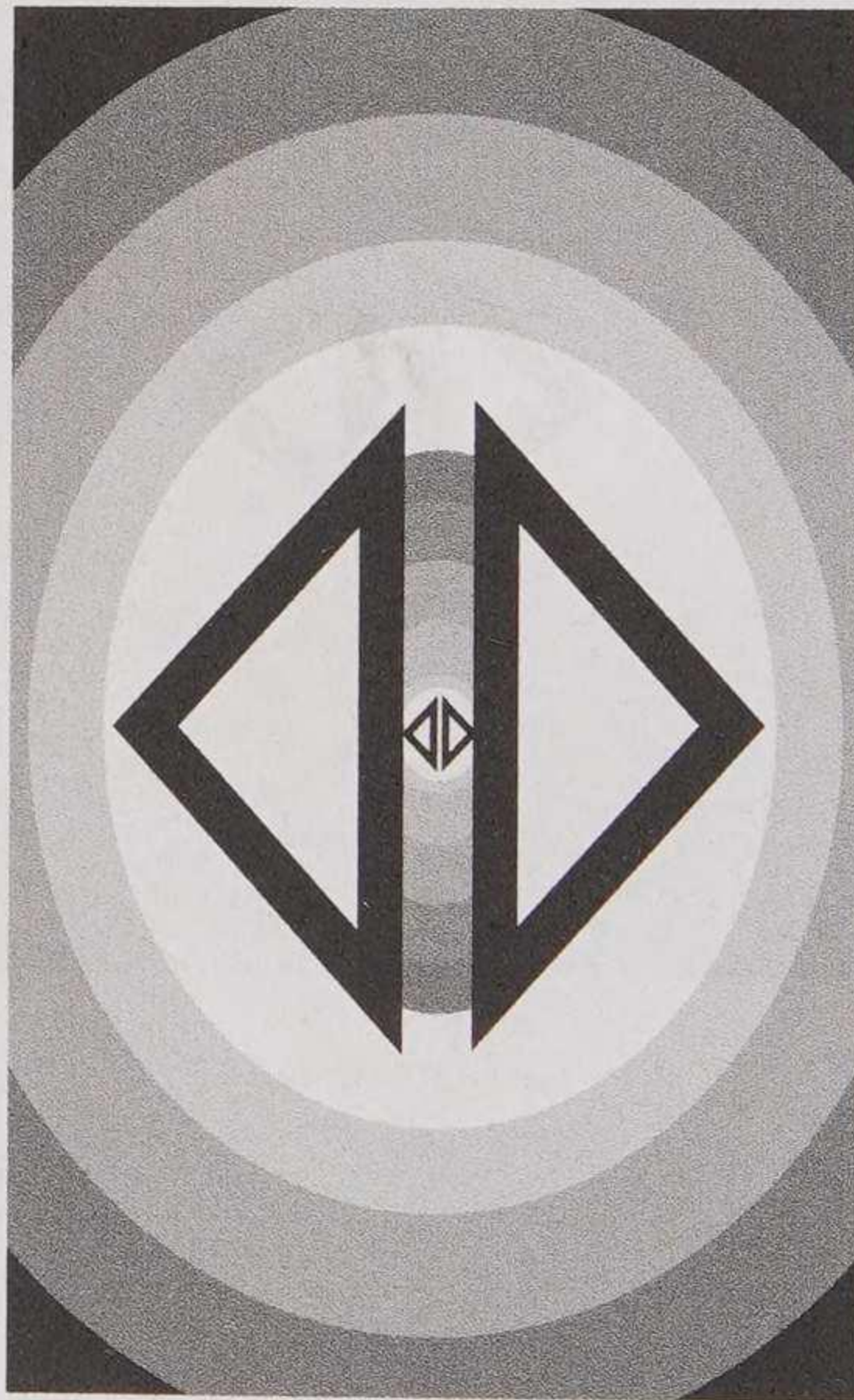


Figure 31.3
Repeating (Infinite) Portal Vortex



HOW TO DIE AND SURVIVE, BOOK THREE

**Forming In The Mind The Idea Of
The Vehicle Of Transport:**

BOOK TWO, CHAPTER 32 CONCEPTS AND EXERCISES

The majestic experience of leaving the physical biological body even for even just a moment cannot be adequately described in words.

The realization that we can do this, that we have done this, that this is part of our existence and range of existence, begins to sink in.

We can begin to feel more and more able to travel the **HOW TO DIE AND SURVIVE Body Exit And Body Re-Entry Processes** defined in this book. (See again for example, Chapters 12 and 22.)

While out, or **OUT THERE BEYOND**, we can form ways of moving around, even propelling our **SELF**. All this brings us to ever more sense that the **SELF** than can and does survive.

Here in this chapter we are exploring the **IDEA** that we can form in our mind, actually in our consciousness itself, a **vehicle of transport**, something to travel around in -- something to *define* as well as to both *protect and propel* the **SELF**.

The following exercises describe the **HOW TO DIE AND SURVIVE VEHICLE OF TRANSPORT**, and its operation.



EXERCISE #32.1
ENTERING THE
VEHICLE OF TRANSPORT

Visualize the figure in Figure 32.3. See the two triangles as balanced in such a way that the space between them is presently stable, horizontal. Imagine yourself climbing into this horizontal space, as if it were a ship.

The walls of the ship are made of Light. You can get through those walls by climbing into the horizontal space between them and sitting there. Sit within that horizontal space and hold for the next exercise.

EXERCISE #32.2
TRIGGERING MOVEMENT
OF THE VEHICLE OF TRANSPORT

Realize how stable this vehicle of Light is while in the horizontal resting position. Now, imagine that someone has this vehicle of Light balanced at the top of a hill like a rock. Now, gently but nevertheless forcibly, this vehicle is being pushed down the hill. It rolls. Feel yourself roll, still in that central control room area which was horizontal, (but now is not), as the vehicle tumbles down the hill.

Continue tumbling, stay in this tumble, and feel how the energy changes as you roll while being in that space between the two triangles.



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Continue this as you hold for the next exercise.

EXERCISE #32.3

FLYING THE VEHICLE OF TRANSPORT

The hill continues. You are rolling downward.

At a certain point, you realize that each time that space between the two triangles of the Light vehicle is pointing at least somewhat vertically toward the sky, or in what you consider to be an upward direction, you feel energy sweep through you.

Decide that, on one of these tumbles, when you are pointing in an almost vertical direction, you will use that energy that sweeps through you and your vehicle to propel the vehicle upward so that you do not have to finish the downhill roll....

Here you come. You are now in the position that points vertically. The energy sweeps through you and your vehicle of transport. You fill yourself with intent to move upward.

Now, fly off the hill, but continue tumbling, rolling round and round, but into what you consider to be a generally upward direction.

Fly further upward, still tumbling.

You have shifted the direction of your vehicle's motion by using the energy released when the space between the triangles is vertical.

Hold for next exercise as you continue shunting upward in an energetic tumble.



EXERCISE #32.4

FLYING INTO HIGHER REALMS

Now, you begin to realize that you are tumbling upward, not just through your material plane atmosphere, but into other realms of density, less and less dense and more and more Light.

See, in the distance, a beautiful realm, full of very very bright Light. Aim your intent in that direction.

The next moment in which you again find your vehicle of Light balancing its control room in what you feel to be an upward or vertical direction, you feel the energy sweep upward through you.

You aim yourself, aim your intent, to the beautiful realm you have selected. Imagine that you tumble upward very quickly toward this realm.

Now you find yourself in this next realm. The space between the triangles of your vehicle is now horizontal; you are stabilized. You pause there.

You will stay there as long as you choose. This is your vehicle, you can use it for transport. This vehicle works better when you purposefully begin to spin instead of getting pushed down a hill as if you were a top or the vehicle were a top.

Begin this spin of your own accord instead of using gravity to set it off. ... Experiment with this a while and then return to Earth, or to your starting dimension, which in your case currently is physicality.



HOW TO DIE AND SURVIVE, BOOK THREE

NOTE ABOUT CHAPTER 32 FIGURES 32.1 THROUGH 32.5

The following Chapter 32 Figures, Figures 32.1 through 32.5 diagram the **concept of a vehicle of transport**. Here, a method of mobilizing the imagined or visualized, or for some even actual, vehicle is diagrammed.

Figure 32.1 offers the image of moving deeper into the BEYOND, as a **pathway process**. In this Figure, the point of entry into the BEYOND is described as GO. Then, Figure 32.2 offers a diagram of possible LEAPS or steps into the BEYOND. Readers are encouraged to refer back to the diagram offered in Figure 23.1, titled, Options At Death.

Figures 32.3, 32.4, and 32.5 diagram the HOW TO DIE AND SURVIVE VEHICLE OF TRANSPORT in various stages of mobility. This vehicle of transport is pictured as a double triangle sort of formation. These Figures 32.3, 32.4, and 32.5 diagram the motion that can be imagined to propel this vehicle. Participants in the HOW TO DIE AND SURVIVE TRAINING PROGRAMS have experienced the **imagined energetic developments that operating this double triangle vehicle offers**.

Here, the notion of PROPEL is entirely different once we are beyond physicality. Yet, we have learned a great deal as physical biological beings who have transported ourselves around in 3-D. Now we can carry this learning BEYOND. We



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can think about the possibility of imagined, non-physical, mobility.

Audiobook listeners are encouraged to see the paperback or ebook version of this book for these valuable diagrams, as visualizing is a great form of exploration.



HOW TO DIE AND SURVIVE, BOOK THREE

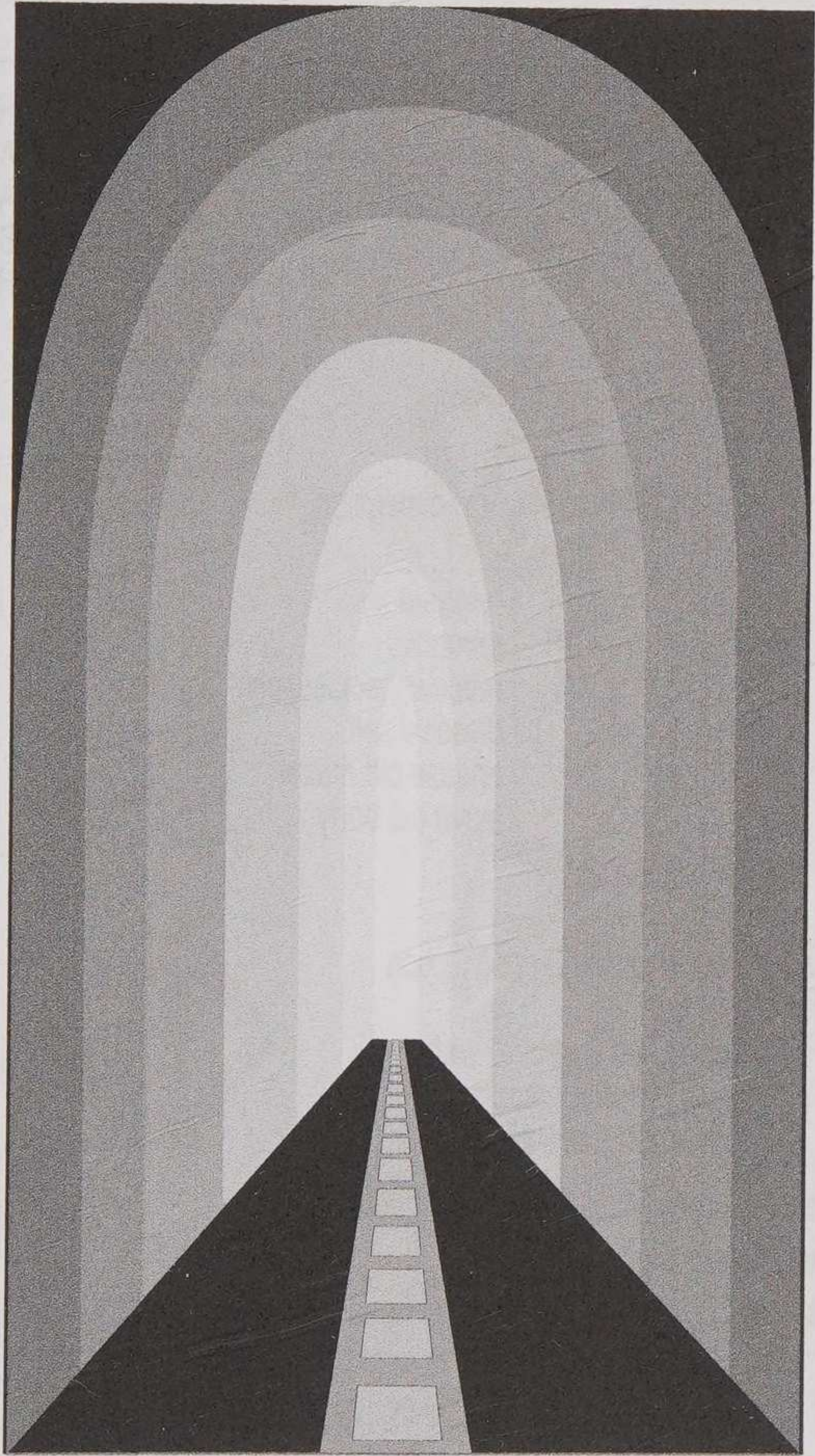


Figure 32.1

Approaching Go



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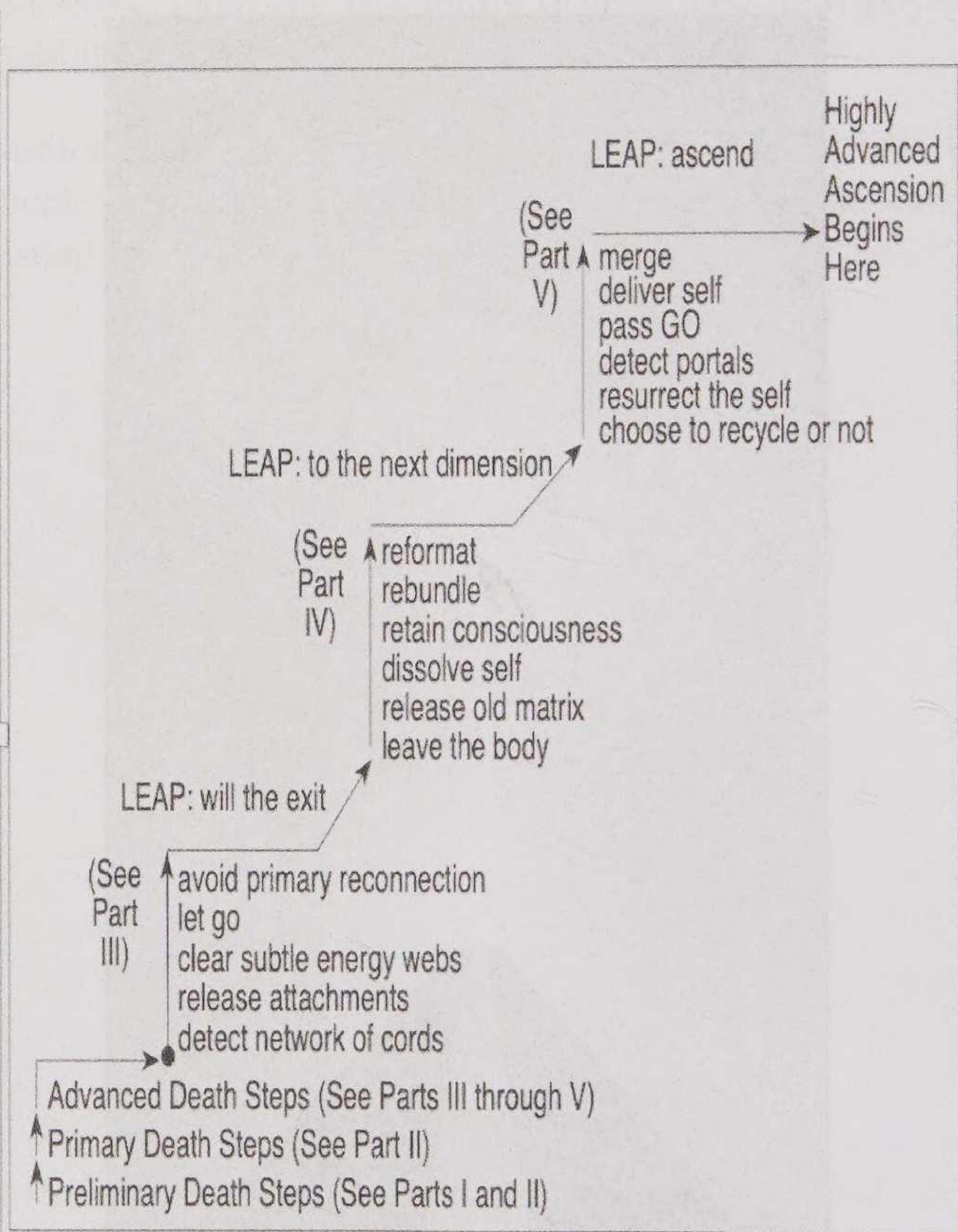


Figure 32.2

Advanced Death Steps Leading to GO and Beyond

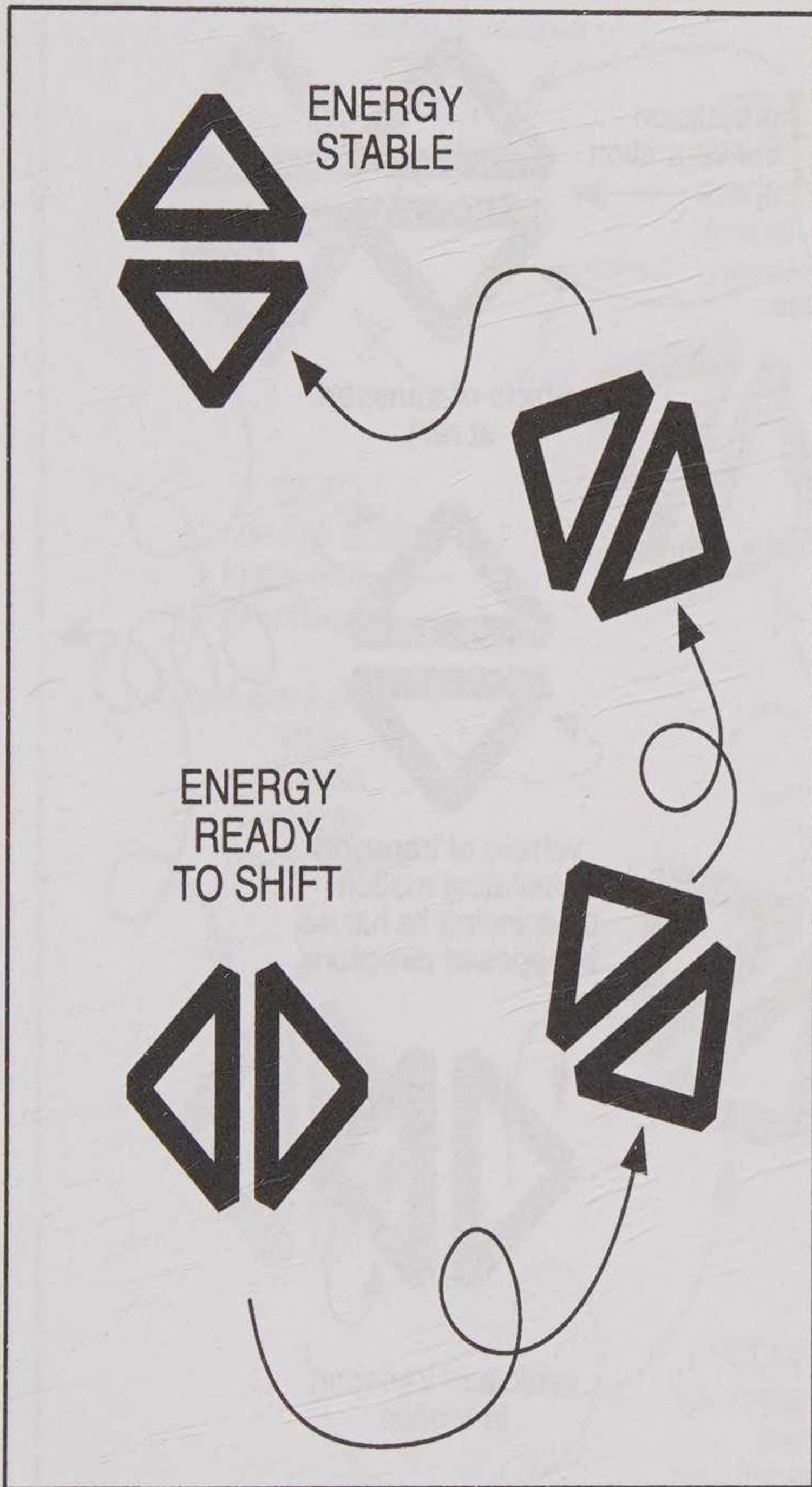


Figure 32.3
Vehicle of Transport

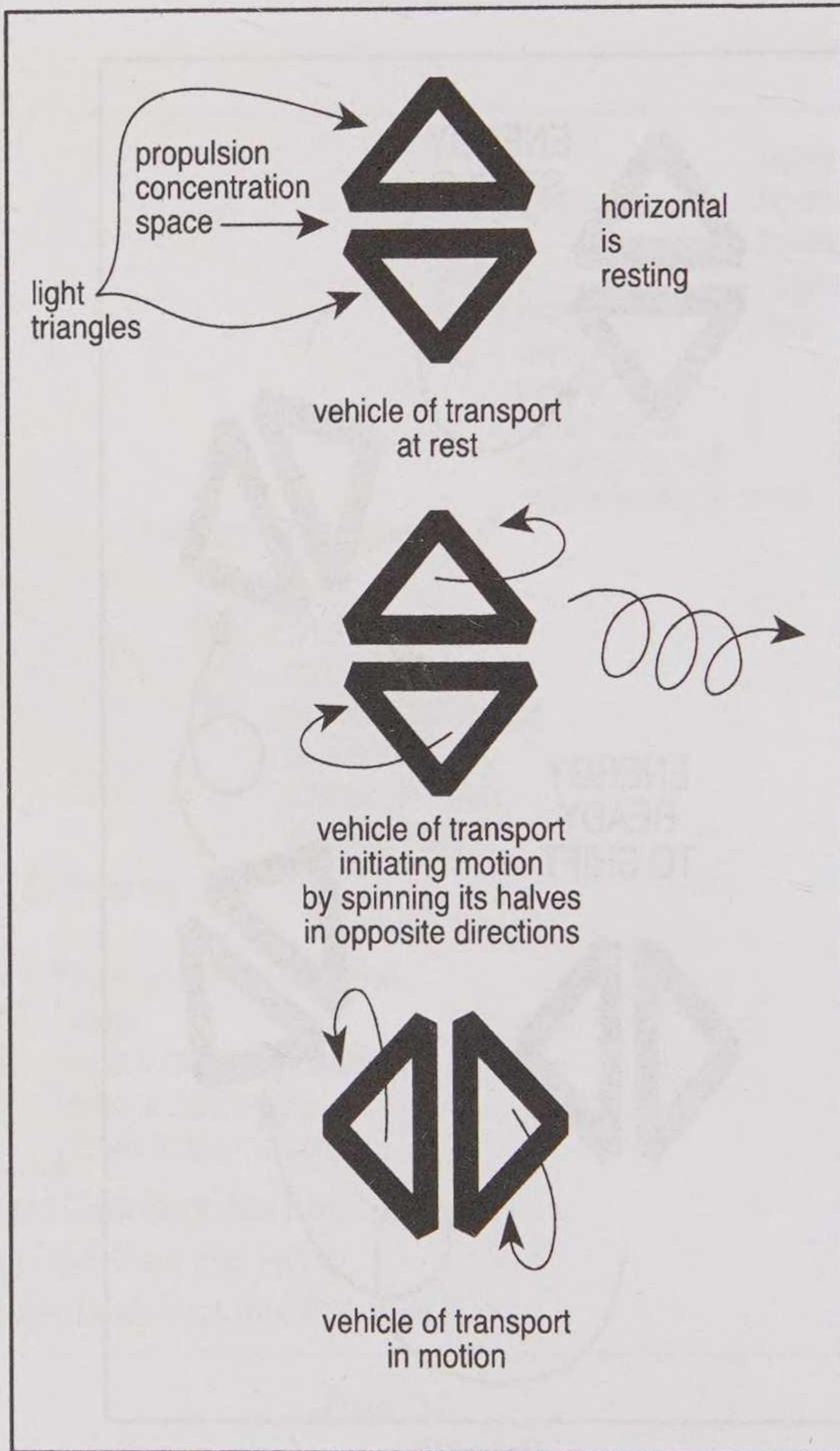


Figure 32.4
Operating Instructions:
Vehicle of Transport

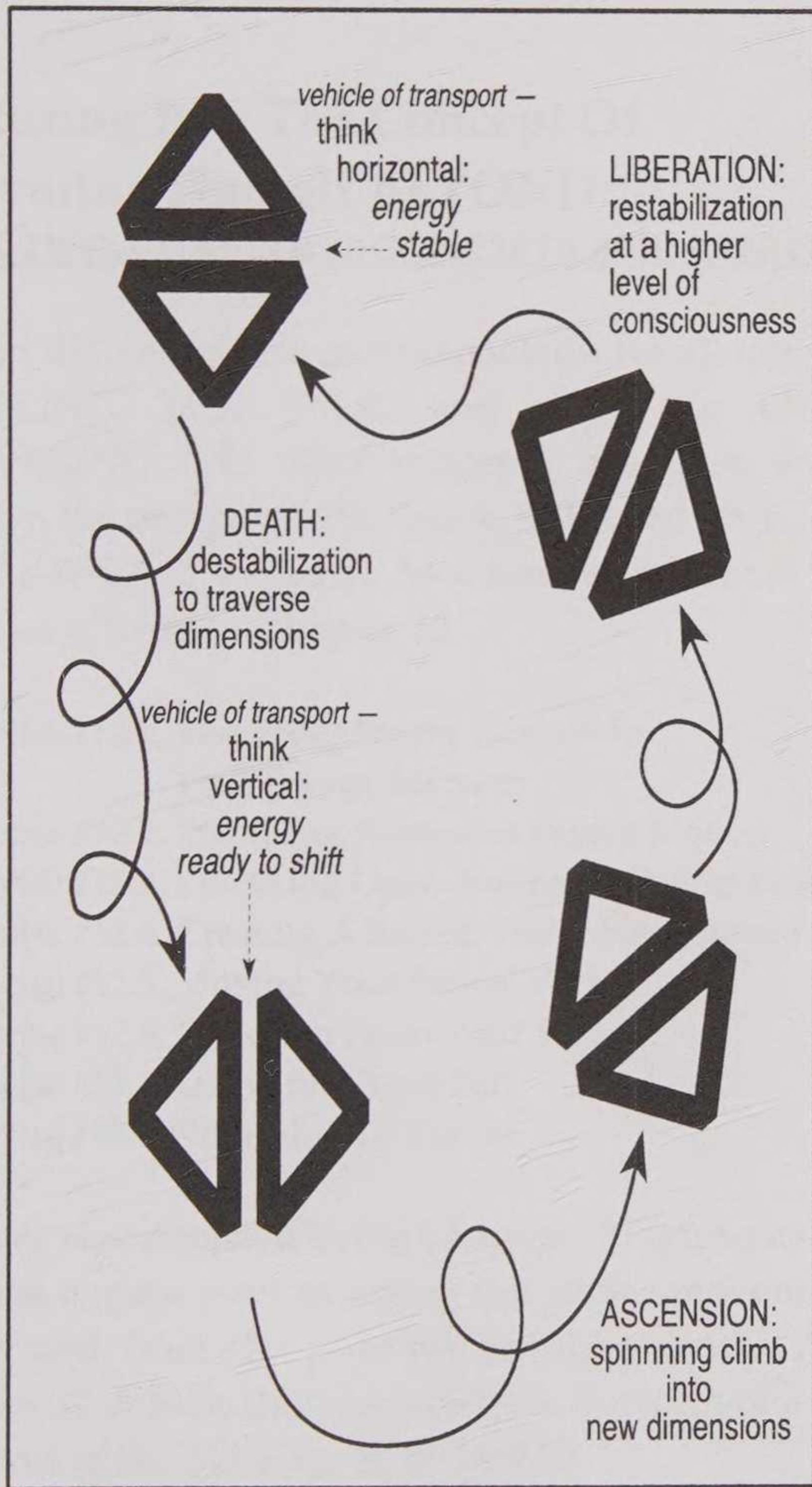


Figure 32.5

Vehicle of Transport
Through Death-Ascension-Liberation Spiral



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HOW TO DIE AND SURVIVE, BOOK THREE

**Venturing Into The Concept Of
Delivering Oneself BEYOND:
BOOK TWO, CHAPTER 33 CONCEPTS AND EXERCISES**

We can deliver ourselves to ourselves. Recall the Chapter 7 CRADLING THE SELF, and then the Chapter 12 DELIVERING THE SELF concepts, exercises, and figures found in the first part of this book, STREAM ONE. There you saw the IDEA of delivery. As a reminder, here is the list of exercises offered in Chapter 12:

- Exercise #12.1. Inscribing Prayer Gesture In
Your Energy Memory
- Exercise #12.2. Practicing Ascension Prayer Motion
- Exercise #12.3. Practicing Open Ascension Prayer Motion
- Exercise #12.4. Creating A Sacred Vessel For Yourself
- Exercise #12.5. Moving Your Sacred Vessel
- Exercise #12.6. Releasing From Your Vessel
- Exercise #12.7. Delivering Your Self
- Exercise #12.8. Returning To Center

Delivery was depicted in the Chapter 12 Figures as the actual physical engagement or acting out of the movement of the self to and from the physical biological body. And then, Chapter 32 depicts this movement in the form of a vehicle of transport of the SELF to the BEYOND.

Here in this chapter, Chapter 33, this is being called delivery. Now delivery of the SELF BEYOND is front and center.



EXERCISE #33.1

DESIGNING ONE'S DELIVERY BEYOND

Reread the last exercise in Chapter 32. What did you do there? You imagined that you delivered yourself into another dimension of your SELF.

You have seen, in the previous chapters, that there are many methods of doing this. Combine these methods or keep them separate.

Your delivery of yourself into another dimension of YOU is your own process.

Now, fashion or imagine a delivery of yourself into another dimension of yourself.

You may want to consult the exercises in the following chapters, as well as exercises in the previous chapters, to put together some series of activities or thought processes designed to deliver you, who you truly are, into another dimension of your personal consciousness. Or, you may want to pick one of the exercises and add to it.

Or, you may want to write your own elevation process. However you choose to do it, your assignment here is to begin to plan and practice your LEAP into another dimension of yourself. Be creative here.

There are no wrong answers. This is in essence brainstorming, or perhaps we may call this consciousness-storming.



HOW TO DIE AND SURVIVE, BOOK THREE

EXERCISE #33.2

DELIVERING ONESELF BEYOND

Now practice several times your delivery of yourself into another dimension of your own reality. With each practice, amend your method of deliverance to increase its degree of believability for you. Note what changes you choose to make and why.



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HOW TO DIE AND SURVIVE, BOOK THREE

**Examining The
Energy We Sense Is Beckoning:
BOOK TWO, CHAPTER 34 CONCEPTS AND EXERCISES**

Once we feel **we** are, or better stated, our attention is, or more clearly stated, the focus of our consciousness is, out of our physical biological body, we may feel drawn or pulled toward what may appear to be energy centers or energy formations, whether imagined or visualized.

Out there BEYOND our physicality, our sense of energy itself will feel at least somewhat different while we are in this imagined or perhaps even actual space. Keep in mind, this is the BEYOND, the kingdom of your own BEYOND you have designed, or are designing, for yourself. This space is non-physical, perhaps imagined, perhaps actual, and certainly out there BEYOND. There in your BEYOND, whether actual or imagined, you feel you are indeed there.

We can work with this IDEA as we live here in our physical biological bodies with our biological brains, to begin to develop or further develop **pathways of awareness** we may want to build on later. Think again of being the architect that moves an IDEA into a vision into a design into a plan into an actual building.

**You can be the architect of
your own personal space
BEYOND your everyday reality.**



Therefore, terms such as energy and space, even terms such as oneself and the SELF, must be fluid, flexible, adaptable ...

**as you are moving your attention, your focus,
into and through this BEYOND you are constructing
in your mind's eye.**

EXERCISE #34.1

EXAMINING THE ENERGY THAT BECKONS YOUR MERGE

Now, write your own step by step procedure for determining the nature of a very large, very powerful energy form that you encounter outside of the physical plane. Use a step-by-step approach and do write this one out on paper if you can.

EXERCISE #34.2

TESTING YOUR DISCERNMENT

Now you will discern the nature of an energy form that has no characteristics you can see with your physical eyes.

Close your eyes. Imagine or actually locate a very large non-physical energy mass out there. (This mass may or may not be connected to a physical body.) Approach, with your personal consciousness, this presence, this energy matrix. But do not merge with it. Discern the nature of this presence by applying the steps you put together for yourself in Exercise #34.1. Revise your steps if need be. Write your revisions down, if possible.



HOW TO DIE AND SURVIVE, BOOK THREE

**Forming New Views Of Activating
The Sense Of Energy:**

BOOK TWO, CHAPTER 35 CONCEPTS AND EXERCISES

As noted in the opening of the previous chapter, the sense of energy in the non-physical BEYOND is an IDEA, a concept, of something we cannot provide a formula for. What might fuel us when we are no longer a physical biological being?

Readers and Listeners who may have had out-of-body or near-death experiences may have found themselves floating out there. Some sense of existing is experienced. We may or may not have asked ourselves what is fueling us. However something is, isn't it?

Or, does it take energy to survive as a consciousness in non-physical reality? Perhaps the even IDEA of energy out there BEYOND can fuel survival out there BEYOND. **After all, this BEYOND is existing in the IDEA realm of non-physical space, yes?**

Even the IDEA of body exit itself, even before sustaining the SELF while it is OUT HERE, must be examined. Think again of the HOW TO DIE AND SURVIVE BODY EXIT AND RE-ENTRY PROCESSES described earlier in this book. (See Chapters 12 and 22, for example.)

If we can indeed survive IN THE BEYOND WE DESIGN FOR OURSELVES, do we require energy to do so, or is the



notion of fuel to live based on the physical existence experience?

THE IDEA OF WHAT SOME CALL SEXUAL ENERGY

A note here regarding the exercises included in this chapter: With any intimate discussion of death being a taboo in many social circles, the following sort of discussion of sexuality — which is also a taboo in many social circles — sort of regarding the seeming the sexuality of dying, must be handled delicately. Nothing on these pages suggests that you must practice this concept on yourself, and especially not on others, in actual physical dying processes. This sense of energy is an awareness that you can carry with you and tune into at the right time. Again, nothing in this book suggests you end your own physical biological life.

The basic message here in the following exercises is that sexual energy is much more than the untrained physical body may see. What may in physical plane biological vertebrate life be seen as sexual energy is something different in non-physical reality. This energy can be moved along the VERTICAL AXIS to fuel an efficient, profound, transition of any sort, from in-life change, ending, and transition; to seeming end-of-life death; to possible after-life expansion and travel.

(See again Chapters 12 and 22 of this book where the VERTICAL AXIS is described and defined. Keep in mind that the vertical axis defined in this book is a concept which, once out of the physical biological body with its spine made of bones, is not necessarily vertical.)



HOW TO DIE AND SURVIVE, BOOK THREE

What may be called sexual energy is only physically sexual for those who either choose to reduce it to physical-sexual density or who know of no other level of *transformative energy*.

EXERCISE #35.1

MOVING WHAT SOME CALL SEXUAL ENERGY

Tune in to yourself on an energetic level. Seek to generate in yourself something like a little sexual energy or the idea of this energy. Remember that what 3-D beings think is sexual energy can be transformed and experienced anywhere in your emotional or physical or even mental bodies and is not restricted to your biological sex organs.

Although physical stimulation is the most commonly recognized avenue of sexual (or any) arousal in physically incarnated Humans, this is not the avenue for the use of this energy in dying and surviving. Ways of generating what may still be for you something like sexual energy in yourself may include:

- *Excite or ignite, or power up just a little, your physical sexuality by imaging or fantasizing what you think of as a sexy encounter.*
- *Recall the experience and attempt to replicate the sensations leading up to this experience with no physical stimulation or sexual fantasy.*

If you are unsuccessful in generating some sexual energy within yourself, simply imagine that you have generated some sexual



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energy. Just imagine the signs or symptoms of this energy, whatever those signs may be for you. Suggested systems or signs of sexual energy are as follows:

- Raised frequency of heartbeat and breathing.
- Raised body temperature.
- A general sense of physical and emotional excitement and anticipation.
- A feeling of an internal fire or glow, a feeling like a warm pleasure.
- A rippling of what feels to be energy up and down your spine or vertical axis as suggested here.

Now, take any memory or hint or sensation of this anticipatory, exciting, energy and imagine that you put it at the base of your spine. Focus on its presence there. Remember, as is true for all exercises in these HOW TO DIE AND SURVIVE books, you can use your imagination to conduct this exercise.

Now, imagine that you move, or actually move, the energy up your spine. When this energy is nearing the high range of your vertical axis, or what may seem to be near the top of your physical body's head, reverse the exercise, moving the energy, almost step by step, or vertebrae by vertebrae, back down your spine or vertical axis.

Do not insist to yourself you need to do any more than you can here. Even working with this idea in your mind is doing this exercise.

Now, run this energy from what seems to be the base of your spine to the top of your head, and then back down, and then up and back down, and up and back down again many times. Continue to do this. Just imagine or visualize you are doing this as you continue.



HOW TO DIE AND SURVIVE, BOOK THREE

*Move the energy up and down your spine again and again, more and more rapidly. Start to feel exhilarated as you do this. Start to feel, or imagine, as though there is an electrical energy moving, flowing, shooting up and down your spine, your **vertical axis**. Continue doing this into the next exercise.*

EXERCISE #35.2

USING ENERGY AS FUEL FOR LEAPING

As you make this energy more and more powerful by running it up and down your spine again, again, and again, prepare your mind for your launch into elevation-ascension.

Continue moving the energy up and down your spine. As you do so, think but do not yet do this — think about what it will be like, to shoot this energy out the top of your head, along your vertical axis.

You can image here how it will be to shoot your energy so far away from your physical self, that your actual SELF LEAPs across many realms of your personal consciousness, across the many realms of decreasing density and increasing Light you find out there -- into a very, very, very expanded, vaporous, brightly lit realm.

Keep moving your energy up and down your spine. . . . Get ready, you are going to let the energy burst out the top of your head.

Now move your imagination, your focus, up and down your spine, then up, up, and up out the top of your head and you LEAP into the Light!



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Float out there in this Light for a while. Get to know what this feels like.

Return your focus to your physical body with this sensation in mind.

NOTE ON WHAT YOU WILL LATER RECOGNIZE

You will later recognize what you have done here, what you have thought through, moved through, in your mind. Think of your SELF as having an IDEA library and a tool box stored there. Placing into your IDEA library hints of this experience allows these to be recalled and called upon later in this life, both here and likely also BEYOND here.



HOW TO DIE AND SURVIVE, BOOK THREE

Revealing To The SELF

The Personal Force Of Will:

BOOK TWO, CHAPTER 36 CONCEPTS AND EXERCISES

Every Reader and Listener here will, in a very personal way, experience the sense of possibility. This is about an IDEA, a personal IDEA of one's own BEYOND -- and of what can be one's own non-physical SELF out there BEYOND. Exploring these IDEAs now, while living as a physical biological BE-ing, can be valuable as we encounter various transitional experiences both here and BEYOND this daily life. Getting to know the IDEA of ourselves as BE-ings who may exist and thus survive BEYOND physicality opens the door to this possibility.

Proceeding through these HOW TO DIE AND SURVIVE Concepts and Exercises, you may come to sense you have an ever more present companion: your actual SELF.

As the sense of the SELF becomes stronger and more intense, we can more deeply experience this presence. We can define for our SELF what this presence is like for us. We are designing and developing our own SELF who is indeed already BEYOND, out there and in here, in the land of IDEAS.

Here is where we begin to sense that what allows us to be aware of our own presence is our Will, the essence of our own Force of Will.



Our presence itself is an IDEA, yes, and also the product of our Will to sense this presence, and of our Will to be sensed as being present.

EXERCISE #36.1

REVEALING FORCE OF WILL

This exercise begins by revisiting an exercise in How To Die And Survive, Book One, which is Exercise #21.1, in which you focused on your Will. Now, as parts of this present exercise include Exercise #21.1, you will find parts of #21.1 below.

Conduct this Exercise #21.1 again, this time attuning more precisely not just to your Will, but to your Force of Will. Anything that gets in the way of your feeling this force of YOU, or who you are, of your SELF, is a distraction. As you do this exercise again, note each distraction as it comes along.

See where your own personal power, FORCE, the force behind your Will, may want attention. Each time you see distractions, something stopping or weakening your own FORCE, note this. Tell each distraction to leave.

If you wish, tell each distraction or any energy weakening your own FORCE to: Light up. Dissolve. Transmute to the Highest Light.

Here is a summary of Exercise #21.1. As you read or listen to this exercise, think of your Will itSELF, and even more, of the FORCE of your Will.



HOW TO DIE AND SURVIVE, BOOK THREE

We have talked again and again about the right use of Will and the nature of one's Will. Now you will feel for yourself your own Will.

Begin to look for your Will. Will that you find your Will. How does willing feel? You are isolating the essence of your Will. This exercise generates a refinement of your Will by asking you to locate your Will. Seeking, being aware of, the Will defines it, refines it.

Close your eyes, go inside, and take some time to find your Will. Your own personal force of Will is your own to define and to know, even to generate and develop.

Realize that your Will is not your relationship to the outside world, not your list of responsibilities, not your set of accomplishments, not your failures, not your feelings, not your attachments or cords, not your family, not your political party, not your philosophical beliefs, not your religion.

Now you are locating your own personal Free Will, its essence, its reality. ... Once you have found your Will or what you sense is your Will, continue refining your connection to your Will. Feel as if you are getting to better know your Will.

That was Exercise #21.1, which was about getting in touch with your personal Will. Now for this present exercise, take this to the next level: Sensitize to the force, your force, behind your Will. Be more aware that you, who you are, has a personal power, a FORCE of Will.



Your Force of Will of course deserves attention and nurturing in life, and BEYOND as well. Your FORCE is the FORCE of your SELF. Your FORCE sustains you here and BEYOND.

EXERCISE #36.2

CLEANSING YOUR SENSE OF DARKNESS

There is no specific set of instructions for this exercise past the following, after which you are on your own. Be creative.

Close your eyes. Attempt to identify your personal consciousness. Get to know what this looks and feels like to you. Be your personal consciousness. ... Take your time. Remember, your consciousness is not your physical body, or your daily life, or even your emotions about your life.

Once you have some sense of your actual SELF, your personal consciousness, scan the space around it. Scan for what you think of as darkness or problem energy, for even the slightest traces of darkness or problem energy. Also scan for even the faintest hints of entry ways that could be, or have been used, by this darkness or problem energy.

Now cleanse the space around your personal consciousness, clear this space of any darkness or problem energy.

You may want to continue to do this both here and BEYOND. Do this as long as you exist as your actual SELF, as your personal consciousness--as long as you, YOUR ACTUAL SELF AS YOUR PERSONAL CONSCIOUSNESS, choose to continue to exist through all your transitions, to DIE AND SURVIVE as your SELF.



HOW TO DIE AND SURVIVE, BOOK THREE

Forming Mantras As Protective Shields: BOOK TWO, CHAPTER 37 CONCEPTS AND EXERCISES

It can be quite beneficial to have practiced centering yourself and staying centered during your physical plane life. Now, while centering your everyday self, and also your actual **sense of your actual SELF**, you will want to do your best to hold this self of yours together, and to protect your SELF as you do.

Ideally, you are always being aware of, having as clear as possible, your sense of your own protection as you move through events, changes, transitions.

Forming protective boundaries is not only physical as we see it in the physical plane. Of course, fences and walls and borders can be useful. And of course, biological bodies have various levels of protection, such as layers of skin, and forms of cell walls. Once thinking about moving to and from the BEYOND, to and from non-physicality, other forms of protection may not be physical per se.

In this chapter, the discussion considers the notion of selecting or creating a protective mantra that you feel comfortable with. To feel comfortable with a mantra:

- Choose a mantra (such as a tune or verse or saying or chant or song) with which you are quite familiar; and/or,



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- Choose or create a mantra of your own that you can memorize easily or already know by heart.
- Test the mantra you choose by repeating it many times. Be certain that you have a mantra that you feel good about. This mantra must seem to you to exude a positivity, even goodness, as you repeat it.
- Also test your mantra for protection. You can feel protected as you repeat your mantra. This protection can feel like an invisible shield. The more you repeat this mantra, the more protective your shield can feel.
- Test the shield your mantra forms. Nothing but the idea of the most clear Light should be able to come through this shield. Your mantra should not let in troubled patterns, old cordings, other material plane physical and emotional body stuff. Also, leave behind or stay away from any muddy light, chaotic light, light that you do not trust, and any shadows, or shadow cords, and confusing strands of webs.

If your mantra and its shielding do not pass the above tests, notice this. If you are selecting and practicing your mantra in advance of your physical death process, you may want to choose and practice one or more other mantras.

As noted earlier, many individuals turn to the doctrines of the particular religions and or philosophies to which they have been exposed to find a mantra. Others turn to popular or folk chants or songs or poems. This is your decision.



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Keep in mind that a familiar life raft may be more useful in surviving than a brand new life raft you have never used or known before needing it.

Yes, you can also compose your own mantra. Sometimes this is the best option, as the words or sounds (words are not necessary) or rhythms of your composed mantra may carry less history.

You may want to invent sounds and words, to invent a language and perhaps even a rhythm, in order to create a very easy to be remembered and personalized, clean, fresh mantra. Experiment until you find a mantra you can feel confident about.

**You are forming
your own sense of your own boundary protection,
of your own protection of your own SELF
in your own non-physical reality,
for use both here and in your own BEYOND.**

EXERCISE #37.1

DEVELOPING YOUR OWN MANTRA

Develop your own mantra. Find something you feel good repeating. Keep it simple, easy to remember, and easy to repeat.

Do not feel bound to a single language, to a known language, or to known words. You can make up sounds, or even a tune or song.

Practice your own mantra in silence, silently/internally for several minutes. Then chant or sing it aloud for several minutes. Later,



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perhaps again practice this quietly, perhaps even silently. Can you make this mantra your own?

Always keep in mind that: if a mantra you feel drawn to, or a mantra that is being suggested to you, or one you invent, feels in any way improper, do not use it. A mantra cannot work for you if you do not feel it suits you. Seek mantras that you feel you can use and remember.

EXERCISE #37.2

APPLYING THE KADOISH MANTRA

Let's take a moment to look at another mantra. Many view the following mantra as the most, or one of the most, powerful mantras in the Universe.

Kadoish, Kadoish, Kadoish, Adonoi Tsabayothe. (This is written this way here to help with pronunciation; however, you can pronounce this in the way you choose.)

This means "Holy, Holy, Holy, is the Lord God of Hosts" in the most ancient of Ancient Hebrews. The phrase "Lord God of Hosts" refers to the Lord, or highest energy of Light, of all the Hosts or angels or agents of Creation.

This is just one of many mantras that you can find in the various religious scriptures in oral history and or in print on Earth. Many believe this mantra is also used beyond Earth.

This mantra is offered here for your experiential practice, as this mantra is frequently viewed by some as being the "maha mantra,"



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the "highest mantra of mantras," the "keynote mantra," the "heartbeat" of all Creation.

Kadoish, Kadoish, Kadoish, Adonoi Tsabayothe.

Now, slowly, repeat this mantra several times, or if you prefer, repeat another mantra of your choice. As you do, imagine or actually have a drum beat sounding to give rhythm to your chanting. Or, you may want to use a quiet tapping to give rhythm to this.

Kadoish, Kadoish, Kadoish, Adonoi Tsabayothe.

Establish a slow and steady rhythm as you repeat this mantra, or one you have chosen.

As you do, pull this rhythm into the heart area of your body. Imagine or actually shift your heartbeat to this rhythm. Become this mantra by filling your physical and then emotional and then mental body with it.

Kadoish, Kadoish, Kadoish, Adonoi Tsabayothe.

Visualize that this mantra is helping you to form a pulsing shield of protection around yourself.

EXERCISE #37.3

FREELY HEARING AND DISCERNING THE CALL TO HIGHEST LIGHT

Imagine that you hear a calling, somewhere beyond words. Imagine something like this being spoken to you in wordless ways:



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We are some of your escorts. We call ourselves Metalux, of the Divine TRRR-STRRTT XULATEM Hierarchy.

We are speaking to you because we are now escorting your personal consciousnesses through the dimensions of your actual SELF, and of your transitions including death transitions—we do this with every word here on these pages and between these lines.

You can choose to recognize our presence as you see or hear or read us here. You can choose to feel us right next to you if you like. We do not insist that you recognize us. Choose to or not to, of your own Free Will.

The only portal you will find us guarding is that portal of the highest purest Light. Even there, you are not compelled to join us. Even if you join us, we encourage you not to surrender your personal consciousness, not to die. There is still so much for you to do and be as your SELF.

YOU, YOUR ACTUAL SELF, HAS NO REASON TO DIE YET, AND EVERY REASON TO SURVIVE BEYOND.

You will know us when you meet us, when you sense us. We do not pull on you. We cannot and do not allow anyone to join us, unless this is of that being's own Free Will. Therefore we neither hypnotize nor magnetize. You can and you best choose your path for yourself, when you feel you are in the right use of your own Will.

Of course, we do not admit old cords and attachments. Free yourself of these before joining us.



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Clarify your consciousness in order to see us as keepers of the Light—by your own definition of highest Light. Believe in us or not.

Create, project, the reality which is most useful to you, as you navigate your own life here and BEYOND, and in all your transitions and deaths, of your own Free Will.

Call upon us if you need us. Simply say or think, invoke....

Trrr-Sttrrrrttt Nadann-dadan-dah

Fiat Meta-Lux

Let there be the highest Light.



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Refining The Protecting Of The SELF: BOOK TWO, CHAPTER 38 CONCEPTS AND EXERCISES

What does it mean to protect the actual SELF?

We pay a great deal of attention to the protection of ourselves as physical biological beings. And even this is frequently not entirely what is needed.

No matter how important this physical protection is, there are other levels of protection that are also required. What may first come to mind here are emotional, social, even financial and legal protections as examples.

Here in this chapter, we reach BEYOND those essential physical plane protections to this arena BEYOND. As we explore the notion of moving our SELF BEYOND, we want to understand that the IDEA of protecting this SELF while OUT THERE can be useful, valuable, even essential. We can further explore this IDEA here.

Keep in mind that the BEYOND we are developing here is an IDEA. This BEYOND exists **outside the material plane**---outside of physicality, even beyond the Earthly third dimension as we may think we know it---even beyond other material plane realities where so-called non-solid but nevertheless material substances may exist in the absence of what we tend to think of as solids.



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Our BEYOND here is entirely BEYOND any physical formulas for reality. (Refer to the Foreword to this Series found in the APPENDICES Section of this book for more on the IDEA on life BEYOND any form of physicality, and of a PERSONAL CONSCIOUSNESS SUCH AS OURS that can someday learn to exist, TO SURVIVE, without a physical biological body.)

EXERCISE #38.1

PROTECTING THE SELF

Imagine yourself to be floating in a bubble. Imagine the bubble wall to be a sort of second skin for you. Think about the purpose of your skin. Begin with your physical skin. Your first skin, the physical skin, you have all along the boundary of your physical body's flesh. This skin is made of skin cells that absorb some elements and Light rays from the atmosphere and reject others. You are physically protected by this physical skin.

Now you are aware of your second skin, which is out beyond your first skin. This second skin is the skin of your emotional body. This skin lines the boundary of your emotional body. As skins do, this skin attempts to allow in only desirable energies and Lights. Imagine that your second skin shrinks and expands as you breathe. With your emotional body's skin, you seek to shield yourself from unwanted or detrimental or dangerous emotional material coming from outside yourself (or working its way into you, then coming from inside yourself).

Now imagine that there is another still larger bubble surrounding your second skin. This is your third skin. This is the skin protecting



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your mental body, and with it your personal consciousness, your SELF. Remember that your mental body seems far larger than your emotional body, and yes, your mental body is indeed far more expansive.

In fact, it is a good idea to expand the mental body as far past the emotional body as possible. Begin now. See the larger, outer bubble, the third skin, expand. As you see this expansion, you hold your physical size steady and you hold the size of your second skin, the emotional body bubble around your emotional body, steady. You are far more vast than your physical and emotional bodies.

Always be aware of the existence of your second and third skins, that of your emotional body and then that of your mental body. Always be conscious of the health and functioning of these very important membranes. Stay with the imagery of these membranes for the next exercise.

EXERCISE #38.2

KNOWING THE MENTAL BODY

Move into the space between your second and third skins or membranes. Get to know this level of your SELF. Note how, outside of the second membrane, past the emotional body, you have a non-physical and unemotional personal consciousness.

This is where your actual SELF lives, this is actually YOU. In any transition, this is who can move through and continue on, can DIE AND SURVIVE.

Recognize the space outside of your emotional body skin, and still within your mental body skin. Stay in the space of your purely



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mental body for a while. Look back toward the skin of your emotional body. Now look outward toward the skin of your mental body.

Allow yourself to see how much sturdier your mental body skin is than your other skins (your physical and emotional body skins). This is a good thing to know about your SELF. Recognizing your sturdy mental body skin is valuable in discerning.

Knowing you are present, that you live within your own mental body skin, helps you discern and clarify your own presence. And, at the same time, being aware of your own mental body and its skin, and of your actual SELF who is in there, helps you to detect the nature of approaching energies and their seeming Lights, other presences around you who may be coming toward you or calling on you, or even pulling on you.

Your mental body, being pure and free of emotion and physical sensation, discerns most effectively.

Note that: Once you are actually physically dead and already moving into the BEYOND, you will release your self, to be your actual SELF.

As you engage in the realizations of this and other exercises in this book, you will see how your lower mental body, with any remaining ties or cords to your old biological brain, will dissolve and free your higher mental body, actual SELF, of old attachments weighing it down.

As this happens, your higher SELF becomes very aware of itSELF and all around it.



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EXERCISE #38.3

PROTECTING THE CONSCIOUSNESS

At the skin of your mental body, attempt to do some of the activities described earlier in this chapter. Note what you do with ease and what you want to practice:

- 1) Demark the boundaries of your actual SELF, your personal consciousness, your higher mental body;*
- 2) Perceive external presences and the nature of these presences;*
- 3) Allow the membrane of your mental body to shield you from undesirable presences and energies;*
- 4) Detect cracks or weak points in your membrane and strengthen these areas;*
- 5) Apply your own Light to your membrane;*

If you seek to pull Light in from outside your SELF, invite—pull in—the clearest highest Light.

After examining this Light, if this Light is what it represents itself as being, allow this Light in through the filter of your protective skin or membrane.



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Finding The Heroic Within:

BOOK TWO, CHAPTER 39 CONCEPTS AND EXERCISES

Daily life offers us ongoing opportunities to discover valuable aspects of ourselves. For example, we learn how patient or caring or hard working we can be.

Sometimes life offers us opportunities to experience our own heroism, to see ourselves as strong in the face of stress or demands or adversity, or perhaps even danger. Frequently, we only may realize later we may have been somewhat heroic, if we do that realization at all.

Quite often, we do not take the time to allow ourselves to appreciate our own heroism.

Yet, this recognition of our own heroism, not as a bragging right, but rather as a further knowing of our own capacity and strength, is essential.

As you consider expanding into your own BEYOND, even if just for a second or a moment or longer, you may benefit by having established for yourself your own sense of your own stamina, of your own heroic fortitude and strength-of-self characteristics.

Knowing your SELF, your actual SELF, more and more here, can stay with you through challenges, transitions, minor and major endings and deaths.



What you develop for your SELF now, while living here in this daily life, you can store in your tool box, in your memory bank, in your IDEA library, to carry forward in life, and perhaps even BEYOND this life.

EXERCISE #39.1

BUILDING ONE'S HEROIC

This is a simple exercise with powerful implications. This is about getting in touch with the heroic sensation.

Close your eyes. Think of something that you or someone else has done that is generally accepted as being heroic.

If you cannot remember a heroic act, imagine one, such as rescuing a child from a burning building, risking your life to save a person drowning in a rough sea, or something else that you think you or society or both would consider heroic.

Now, with your eyes still closed, see yourself as the hero committing the heroic act you have selected. Watch the event as if it were a movie. Watch the event again and again.

As you watch yourself doing something heroic, feel the chain of feelings you would be feeling were you committing this heroic act right now.





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EXERCISE #39.2

BRINGING OUT POST-HEROIC SENSATIONS

See yourself completing the heroic act you envisioned in Exercise #39.1. Complete the act several times in order to clearly note what sort of "post-heroic sensations" you might experience after an act such as this.



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Knowing This Is Not About Suicide--- Understanding What Suicide Means: BOOK TWO, CHAPTER 40 CONCEPTS AND EXERCISES

A brief note here regarding the concept of suicide. As noted several times in this book, nothing here advocates for suicide or euthanasia. This book is about survival both here in daily life, and also BEYOND this life---if we do at some point find ourselves out there BEYOND.

This being said, it is of course good to get to know yourself, and your own views on and terms regarding suicide. An honest and ongoing dialog with yourself helps you to get to know yourself all along the way.

EXERCISE #40.1

EXAMINING THE CODE FOR SUICIDE

Get to know yourself as you think through the concepts in this chapter. It is good to know what your views are before you encounter a need to make decisions regarding these. Here, take a moment to get to know how you yourself feel about suicide itself.

Think about your own rules or code regarding suicide. Under what, if any, circumstances might you find your own or someone else's suicide acceptable to you?

Everyone's answers will of course be different here. What are your own personal views? Get to know your own views and reasons for your views.



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NOTE ABOUT FIGURE 40.1

Figure 40.1 includes photographs of the San Francisco Golden Gate Bridge Suicide Patrol Squad taken on its first formal day of operation back in 1996. These photos were actually taken by the author of this book with permission.

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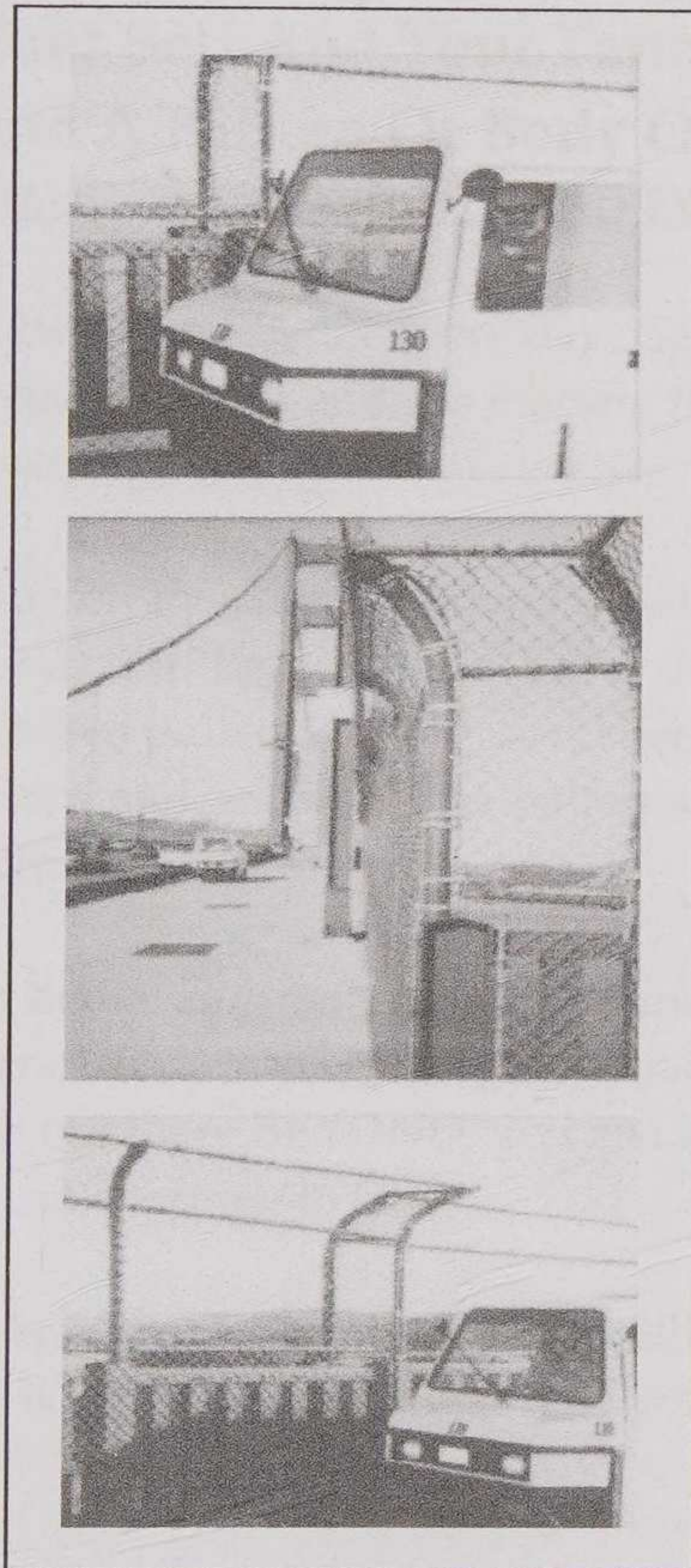


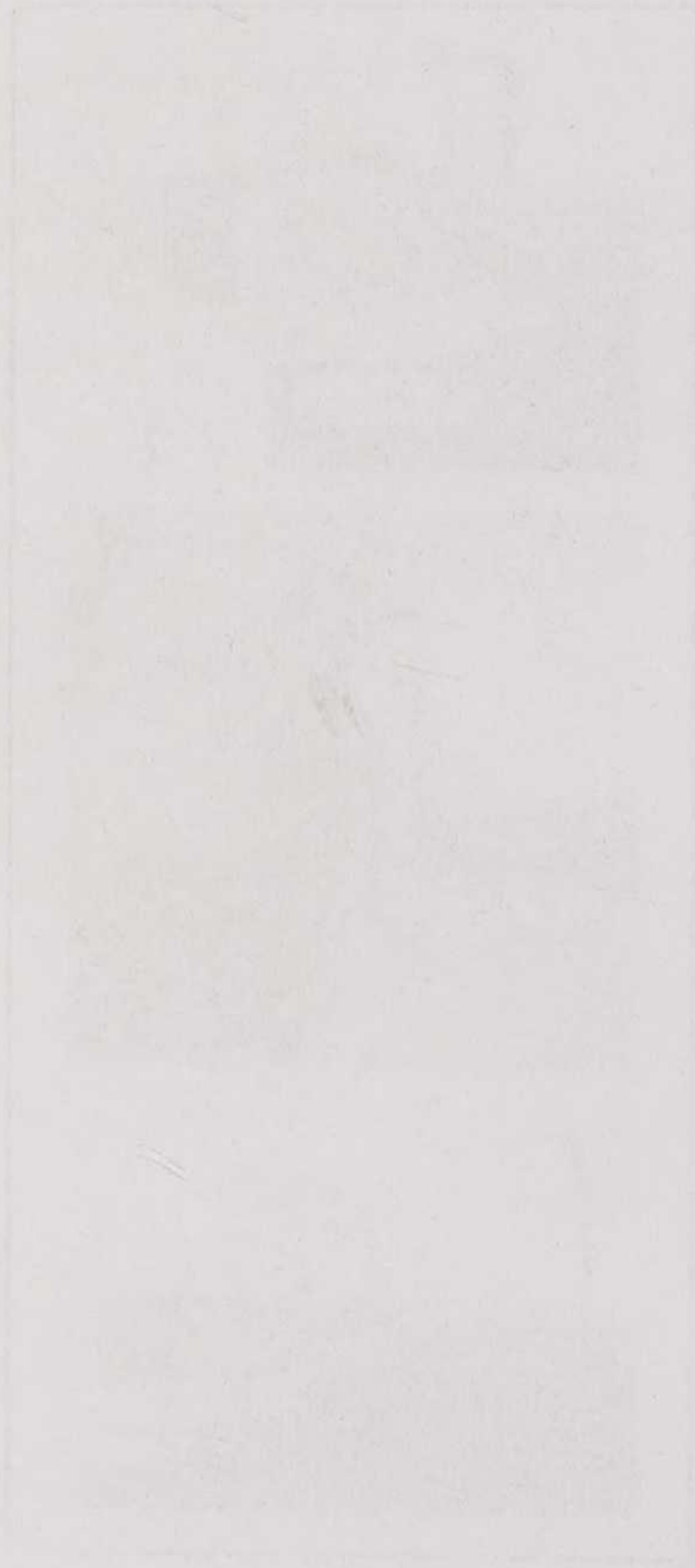
Figure 40.1
Photographs of Member of Suicide Patrol Squad
on San Francisco Golden Gate Bridge

Note: This suicide patrol was started in 1996. Later, in 2010, construction on the Golden Gate Bridge suicide barrier began.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3643780/>
and <https://www.upi.com/Archives/1996/02/23/Suicide-patrol-on-Golden-Gate-Bridge/5623825051600/>



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**Knowing Your Self And Your Terms As You
Move Beyond A Pattern Or Body Or Life:
BOOK TWO, CHAPTER 41 CONCEPTS AND EXERCISES**

Know yourself better and better every day. Get to know your terms for everyday matters and for matters that may be far beyond your everyday reality.

Understand yourself by asking yourself questions regarding your own boundaries. Be sure you know how to protect yourself from being pulled without realizing it, from being pulled into actions and energies and patterns of others who you may not actually want to join.

You can get to better and better know yourself, your actual SELF, your essence, here in your daily life. This way, once you may perhaps be out there BEYOND, you can know who you have been and can continue to be.

This getting to know your self, your actual SELF, the essence of who you are, is about being familiar with your SELF as you survive.

Knowing who survives is KEY in surviving.

**Pulling your SELF through a transition
involves
knowing who you are pulling through.**



EXERCISE #41.1

KNOWING YOUR TERMS WHEN FACED WITH AN OUTSIDE PULL FOR ELEVATION-ASCENSION

Think about how you would respond to pressure to join in on radical processes or belief systems. How do you keep yourself safe? See where stress or fear may cause you to be more vulnerable to pressures.

What are your ideas about strengthening yourself? List some ways you can protect yourself in the face of unknowns and pressures to join in on things that you may not know how to evaluate.

EXERCISE #41.2

IMAGINING GROUP ELEVATION-ASCENSION

Now, use your imagination to explore this concept. Visualize a situation which suggests the possible value of species-wide elevation-ascension.

See yourself in this situation, along with others.

What are you feeling? What are you thinking? What is your process of understanding what is going on?

Now experiment with what this elevation may feel like. For just a moment, see—feel—your participation in a collective elevation-ascension.

Place a protective shield around yourself.



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Sense your SELF remaining an individual SELF as this elevation takes place. Sense that you are surviving as your SELF.

Describe this survival experience.

Remember, that of course, this is just an exploration, an exercise, and not an actual process.



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The Idea Of Catharsis And Catharting BEYOND: BOOK TWO, CHAPTER 42 CONCEPTS AND EXERCISES

We have heard the term, catharsis. This is generally defined as a purification, cleansing, a sort of liberation. This catharsis concept traces back to the Greek term, *kathairein*, which means to cleanse. Catharsis has also been used as a medical concept, generally referring to purging the body of unwanted material.

In this book, the verb *catharting* is defined and used. While related to the term, catharsis, this new verb, catharting, here has a somewhat different although in some ways parallel definition.

CATHARTING BEYOND

As defined and detailed in other books in this series, catharting BEYOND is the LEAP that involves the using of energy released by breaking out of a stuck, possibly draining, possibly depleting, possibly dangerously depleting, or otherwise threatening, or troubled, or fatal, pattern or phase of life or physical body.

(Of course, the energy we speak of here is visualized or conceptualized energy, as it is not energy in terms of what energy is in the physical plane.)



Catharting beyond is in essence breaking out of a bind, a double bind, an energy trap, to move far beyond the realm of the existence being left.

[For in depth explanation of this **energy trap and double bind**, and how this relates to catharsis, see other books in this KEYS TO CONSCIOUSNESS AND SURVIVAL SERIES, such as NAVIGATING LIFE'S STUFF (Volume 8), and also books in the FACES OF ADDICTION SERIES, such as GESTALTING ADDICTION: SPEAKING TRUTH TO THE POWER AND DEFINITION OF ADDICTION, ADDICTION THEORY, AND ADDICTION TREATMENT, and another book in that series, SEEING THE HIDDEN FACE OF ADDICTION. In these books, the concept of addiction itself reaches far past substance (such as drug) addiction and far past behavioral (such as gambling) addiction to include addiction to patterns, to states of mind, even to definitions of reality.]

NOTE REGARDING THE LEAP

You can see some otherwise unavoidable physical dangers, diseases, and pollutions as possible challenges to motivate or fuel you to move out of, or in some way die out of---or let die off, a particular pattern or phase of life. This can elevate you to a new energy arrangement of your personal matrix, of your personal consciousness, of your SELF.

The LEAP defined in this HOW TO DIE AND SURVIVE TRAINING refers to its LIGHT-ENERGY-ACTION-PROCESS of shifting the focus, the mind, the consciousness, the SELF, from one level of awareness or reality to another.



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(Refer to earlier chapters in this book where this LEAP is discussed and defined such as Chapters 12, 28, 32, and 35. For more in-depth definition and discussion of this LEAP, see the two previous volumes, HOW TO DIE AND SURVIVE, BOOK ONE and BOOK TWO. See also Volume 3 in this series, UNVEILING THE HIDDEN INSTINCT.)

EXERCISE #42.1

ACTING OUT THE LEAP

Either visualize yourself doing this exercise, or actually do this. Either is fine, as the brain does this exercise whether or not the body moves with it.

Stand up. Then, remaining on your feet (flat-footed or on your toes), hunch over, kneel down, and contract. Tighten the muscles of your body as much as you can. Hold this tightness, this tension, so hard you begin to shake. Shake a moment. Then tighten even more, preparing to LEAP up.

Now LEAP.

EXERCISE #42.2

CATHARTING

Think of something you are (or may have once been) intensely upset about. If you cannot find something in your present, dig into your past. If you no longer feel emotional or upset about this something, you can act out the feelings called for here. Call upon your actual feelings, or your imagination, or both, to do this.



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Summon these feelings now. As you do, either imagine that you do this, or actually go ahead and do this: kneel and hunch down as in the previous exercise. Tighten up as you imagine that this intense upset you are focusing on is causing tension and compaction, tightening, throughout your body and your consciousness.

Hold so tightly that you begin to shake. Imagine that you shake. Shake ... shake ... shake. Tighten and feel even more upset or tense. Shake ... shake . . . shake.

Now LEAP up, releasing this upset from your muscles and flesh into the atmosphere around you —silently screaming, crying, or maybe making sounds out loud as you do.

Let what you have released transmute to highest light and dissolve.

Breathe a sigh of relief. Feel as if you have LEAPT a great distance.

**Mega-Dying And
Expanding BEYOND While Living:
BOOK TWO, CHAPTER 43 CONCEPTS AND EXERCISES**

Mega-death is simply an IDEA, a place for the mind to go to envision the major LEAPs in understanding and perception involved in surviving both here and BEYOND. (Refer to the LEAP LEVELS CHART found in the preceding HOW TO DIE AND SURVIVE BOOKS ,ONE AND TWO.)

Even the notion of surviving a challenge or difficult transition, even perhaps a physical death, involves a major LEAP in understanding, a rethinking of what we know or think we know about who we are and what we can do.

Let's say mega-dying is no big event, as least from a surface perspective, at least not in material plane, 3-D terms.

Mega-death is far beyond your traditional definitions of death. Mega-death is profound, and yet quite subtle. Mega-death is basically **a shift in perception, a very big shift in perception.**

Mega-death is therefore not physical death as it has been defined in biological life form terms.

Mega-death is about survival, even species survival. This is not about the physical plane definition of death, not at all. No one needs to die without the option of surviving.



Mega-death is the death of an antiquated and tyrannical programming of our SELVES, of our minds and brains. Mega-death is the conclusion of, the moving past from, the form as a more limited species or version of Humanity. More than this, mega-death is the gaining of multidimensional access and thus species elevation-ascension options through a special *evolutionary LEAP*.

**This is a LEAP in understanding,
in knowing,
an expansion of awareness
at the deepest and
most fundamental level:
This is about our knowing
who we actually are.**

**WE DO KNOW
WHAT WE NEED TO KNOW
NOW.**

The envelope has been opened. The energy held within the trap designed to hold us from our full interdimensional existence and identity, is freeing itself now, freeing itself for us to access within our own personal consciousness.

(Refer to Volume 6 in this KEYS TO CONSCIOUSNESS AND SURVIVAL SERIES, titled, OVERRIDING THE EXTINCTION SCENARIO, BOOK TWO. Refer also to other books by



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this author, such as those in the METATERRA CHRONICLES COLLECTION, including the novel, REVEALING THE OMEGA KEY, and the non-fiction book about all this, DETECTING THE OMEGA DECEPTION, for more on this ENVELOPE OPENING. These books explain that this is a message from us to ourselves, and from ancient elders and ascended masters and scientists, being sent to us through time.)

EXERCISE #43.1

UNDERSTANDING MEGA-DYING

Before proceeding with this exercise, note again here: Nothing about the exercises and concepts in these HOW TO DIE AND SURVIVE books is about individual suicide, or group or mass suicide. Not at all. THIS IS ABOUT SURVIVAL.

This is about the expansion of the consciousness to understand its interdimensional survival capabilities.

Now, let's move into this exercise. So, either silently, or with a companion, think through or talk about what you understand of mega-death as not being about physically dying.

Once you have done this, come up with three plans for or methods of mega-death for the Human Species, plans in which no one dies. Each of these methods should cause an evolutionary LEAP. There are no right or wrong answers here. Just come up with your own ideas. Be creative.

Remember, MEGA-death is about a shift in how we see ourselves. A big shift.



EXERCISE #43.2

INSPIRING A MEGA-DYING

Now, ask some one or ones you know to hear your speech inspiring a great species expansion, a mega-death which is not about physical death.

Or, simply visualize that you have an audience and imagine that you are explaining to this audience the concept of and need for expansion, or conceptual mega-death, which is not physical death.

What would be your key points? Name three.

What might be the key arguments against what you are saying? Name three. How would you respond to these arguments?

EXERCISE #43.3

MEGA-DYING

You are on your own here. Find a way to do this exercise without causing (or even imagining) any injury, illness, or physical death.

In fact, cause no death except a minor conceptual mega-death, by making your own personal LEAP in the consciousness of the entire species.

Feel how the personal shift in awareness you make here may contribute to species awareness. Feel your own personal expansion in awareness to be a significant contribution to the whole.



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NOTE ON DIMENSIONAL ISSUES

Your movement into your own, our own, sense of your/our *greater dimensional complexity* is immensely important because:

- 1) The well-being of the Human Species, likely even of all species on Earth, may eventually rely on the interdimensional awareness and survival capabilities we carry so deeply within us.
- 2) We must access these interdimensional awareness-es and survival capabilities that we are either naturally or intentionally programmed not to fully access. [For more on this matter of access, and possible programming not to fully access, see other books in this KEYS TO CONSCIOUSNESS AND SURVIVAL SERIES, such as the OVERRIDING THE EXTINCTION SCENARIO books (Volumes 5 and 6), and also UNVEILING THE HIDDEN INSTINCT (Volume 3).]
- 3) However we may have been programmed (and designed) to be restricted from our full interdimensional nature, awareness, and access, we can break free of this restriction. We can break free as we grow to understand ourselves as a species of consciousness itself. We are already this species of consciousness rather than simply a biological species. Once we see this, then the binding tie, the general restriction to only our physical reality, can be ended.



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- 4) Earth Humans can decide for themselves where, when, and how to expand to be able to live both here and BEYOND.
- 5) Earth Humans can, and do have a right to, access their own *continuum of consciousness*. This continuum is where Earth Humans already do live, even when living in physical bodies. (For more on this CONTINUUM OF CONSCIOUSNESS, see other books in this series, such as Volume 10, titled, *SEEING BEYOND OUR LINE OF SIGHT*.)
- 6) The Human Consciousness *must* evolve to avoid DEvolving, or even stagnation. Only conscious evolution as a Species of Consciousness will ensure survival as a Species of Consciousness, as who this species actually is.
- 7) Remaining unable to traverse at will (via the mind, via the consciousness itself) the dimensions beyond the material plane, while evolving in more primitive (or at least more material) physical plane ways, will not even ensure the survival of the Human Species in the material plane. (Again, refer to the OVERRIDING THE EXTINCTION SCENARIO books, Volumes 5 and 6 in this KEYS TO CONSCIOUSNESS AND SURVIVAL SERIES.)
- 8) Only conscious, intentional, evolution of the mind, of the awareness, of the IDEA of access to and into our *natural multidimensionality*, will bring the Human Species and all of Humanity (which is more than



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merely the Human species presently living on Earth) its liberation — *and its* release from programming not to know.

- 9) Liberation is freedom from the confines of being shut out of our own interdimensional expansion and awareness capabilities. We have a right to access our own Species' Interdimensional Expansion and its Free Will, freedom to exercise the Will here and BEYOND. Liberation is freedom from the confines of a lesser understanding, from the confines of a naturally or perhaps even purposefully programmed-in, implanted, misunderstanding of the species' actual nature and *actual survival potential*.
- 10) Think again of those life forms on Earth who evolved from the sea onto the land. Similarly, the Human Species is a physicalized (biologized) species who is evolving its ability to *migrate at will* back and forth across dimensions, to and from material and non-material realms.
- 11) This freely-willed *conscious expansion and migration* is essential to species survival. (Refer again to Volume 6 in this series, OVERRIDING THE EXTINCTION SCENARIO, BOOK TWO.)
- 12) Reader, as your actual SELF, you are a *highly expansive personal consciousness*. You carry the survival tools needed as the Human Species moves into these times.



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- 13) One of the greatest, and most basic, survival tools is our understanding that: We may have been programmed to die off, similar to the way cells in our bodies die off. Our biological cells carry biological mechanisms that tell them when it is time for them to die off.
- 14) We as beings, rather than as microscopic biological cells, may also have been programmed to die off -- *and programmed to not know* that we are already a species of consciousness, that we already occupy the territories of our consciousness, that these are our own inter-dimensional survival territories. (See the books in this author's METATERRA CHRONICLES COLLECTION for more on these **survival territories**, such as the books, REVEALING THE OMEGA KEY, and also, DETECTING THE OMEGA DECEPTION.)
- 15) You can bring the energy generated by an expansion of your own consciousness to the collective energy pool. You can contribute to a global, even a species-wide, LEAP in evolution. Such a LEAP in evolution is a profound shift in reality for the entire species. This is in essence a great shift out of a trapping pattern.
- 16) This is a mega-death, which is simply the death of being confined to a lesser awareness of who we are. This is about a major LEAP in awareness.



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SPECIAL NOTE ON THE IDEA OF ELEVATION-ASCENSION

Elevation-ascension is simply the moving of the actual SELF, of personal consciousness, in such a manner that it expands along and through the

CONTINUUM OF CONSCIOUSNESS.

This continuum of consciousness is defined and described in other books in this series, such as Volume 10 titled, SEEING BEYOND OUR LINE OF SIGHT.

This expansion is survival. *This non-physical continuum is where you already do live, and is where you can DIE AND SURVIVE.*

Your continuum is your road map, your navigation plan, your expansion-elevation-ascension into what you may sense are higher frequency energy matrices, higher realms of what appears to be Light.



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HOW TO DIE AND SURVIVE, BOOK THREE

**Seeing Concepts Of Catastrophe
And Metastrophe**

BOOK TWO, CHAPTER 44 CONCEPTS AND EXERCISES

These are times when the world around us, locally or globally or both, appears to be facing instability, even threats to well-being and survival.

Both ancient teachings and modern science are perhaps suggesting that the Earth is changing so rapidly that we may have little time to turn the process around and save ourselves. It is sometimes easy to move into catastrophic thinking. However, this distracts us from what we *can* do to consciously move through the situations we face -- to in small and large ways, *ever more consciously navigate* the pathways and processes of the challenges, changes, and transitions we face.

And so, the imagined or actual, minor or major catastrophe, the threatening or even death-suggesting event, can be seen as a challenge, an opportunity to work with ourselves, to get to know our actual SELVES. We can take this moment, this thing we face, whatever it is, as the call to work with the IDEA of non-physical energy -- to get to see or sense what is going on in the realm of subtle energy, and of ...

**our subtle personal awareness of
subtle energy.**



And here we are, right here right now, with the opportunity for individual as well as species evolution, and thus survival. Both the idea of danger or catastrophe, and an actually approaching danger or catastrophe, can be consciously catalytic.

METASTROPHIZE

What this ability to *metastrophize* means is that the catastrophic process or experience *can be navigated both here in 3-D and also on another level*, rather than have its effects build up and be pressed deeper down into the physical plane. This is a matter of where the focus is.

**You can learn to navigate situations
by being more aware of the subtle energies
as they move, build up, may even be trapped.**

**You can navigate these energies
as they edge toward release --
or sometimes either wear down or run wild
if not consciously navigated.**

EXERCISE #44.1

GENERATING A METASTROPHE

Alone, or with one or more other persons, select or just imagine one catastrophe or a cluster of catastrophes that may or may not occur in the near future. For just a moment, talk yourself or selves into believing or imagining catastrophe is coming. Build up a sense of catastrophe. See what this feels like.



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Then *metastrophize*: navigate this experience on another level. Use your imagination to do the following:

- * *Decide to consciously navigate this situation.*
- * *Decide to consciously sense the energies in this situation.*
- * *Create an imaginary energy situation picture or map.*
- * *Give these energies and their patterns and variations diagrams or pictures in your mind, or scribble these on a piece of paper if you like.*
- * *Look for building energy, stuck energy, wobbling energy, places where energy is wasting away, places where energy is running out of control.*
- * *Draw or imagine yourself a map of how you will move through this energy situation, and of where you can even draw energy from it for your SELF.*
- * *Give your personal consciousness a nod of recognition, seeing that it is present and conducting this navigation.*

Stay with this sensation into the next exercise.

EXERCISE #44.2

USING METASTROPHE FOR RELEASE

Build an imaginary or real tension into the catastrophic expectation you had set for the previous exercise, or create a new one. ...



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So, an imaginary catastrophe is building now. You sense this and are growing somewhat tense. (No need to hold your breath, please, as this is a visualization exercise).

As you build this tension, visualize a growing store of soft energy at the base of your skull. Visualize such a buildup of soft energy, that a light pressure for the energy to burst out of the top of your skull increases.

Gently hold the energy in your skull for now. Do not yet release it.

Prepare for the release. First, imagine that you do this, or actually go ahead and do this: Sit or stand with your eyes closed. Continue to expect catastrophe. Build up the energy in the form of a gentle but expectant tension. ...

Let the energy build. As you do, visualize a safe place elsewhere in the Cosmos, and/or in another dimension of reality, for you, your species, and perhaps even all of Earth to go.

This is your map. This is your safe place. This will become your planned navigation of this release. Hold on, still let the energy be gently building.

Hold on. In a moment, when you release the catastrophic energy (out the top of your skull and out of every cell in your body), you will feel travel to this safe place you have imagined. You will even imagine you feel an upward sort of rush or exit flow.

Now, release the energy! Burst! LEAP! Land in your safe place BEYOND!



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EXERCISE #44.3

METASTROPHIZING

Think back to the previous exercise, Exercise #44.2, which you may have just completed. Recall the sensations involved in metastrophizing. Generate the feeling in yourself, this time without attaching it to a particular catastrophe.

Build up this feeling. Sense the tension within this feeling of catastrophe which you are converting to metastrophe.

Feel the pressure mount. Hold for a moment. Prepare for the release of this catastrophic energy. Prepare for your navigation of this energy situation on a higher level. You are moving through this energy in your mind, via your own personal consciousness.

You are practicing this conscious navigation.

Still hold for a moment.

Now release, burst, LEAP. Feel or imagine the sensations of this burst, this LEAP. Navigate, fly, this energy to a place you imagine is there for you, to your own place.

Welcome. Look around your place out there BEYOND. You can see more about this place you design for your SELF every time you visit it, even in your imagination.

You will eventually have your own map into this place of yours, and know how to enter it, and know what it looks and feels like. This will be an idea you, your personal consciousness, will be able to call on later, when you may feel you want or need it.



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Give your SELF a moment to maybe decorate this place of yours, or to develop it a little more. Maybe leave a sign or note to yourself, so that next time you are here, your memory of this visit will be triggered.

You can feel more and more at home here.

You will be back here someday.

Take a deep breath.

Then return to your physical body and previous state of self.



HOW TO DIE AND SURVIVE, BOOK THREE

Visualizing Higher Level Change Or Surgery: BOOK TWO, CHAPTER 45 CONCEPTS AND EXERCISES

The concepts and exercises offered in this HOW TO DIE AND SURVIVE TRAINING (sections of which are offered in these HOW TO DIE AND SURVIVE books, Book One, Book Two, and this book, Book Three) invite Participants, Readers, and Listeners to explore IDEAS.

This exploration allows the mind and brain to further develop and extend pathways of knowing. Imagination, visualization, and various forms of dot-connecting are encouraged.

Many of these chapters therefore introduce IDEAS via imagery and metaphor.

Here, in this chapter, the notion of meta-somatic surgery is presented. The term **meta-somatic** has been developed in these KEYS TO CONSCIOUSNESS AND SURVIVAL SERIES books for use in these discussions, as this represents the META (or beyond) level of the physical body, of the SOMA.

The IDEA that **surgery of the awareness may be conducted BEYOND physicality, BEYOND the biological body**, is of course not a medical suggestion. As is the case for all material presented in these HOW TO DIE AND SURVIVE books, nothing on these pages is a substitute for the advice and care of licensed medical professionals.

Here, we are exercising the mind as we explore the IDEA that we may also have a non-physical existence to operate within.

EXERCISE #45.1

META-SOMATIC SURGERY

Use this exercise to explore and work with the idea of energetic patterning. As you read or listen to this exercise, try to pause a while, maybe even for at least one minute where you see the single star (), and for about three minutes at three stars (***)). However you choose to hear this exercise, try to enter this exercise in a somewhat relaxed state, if you can. You may want to locate yourself in a dimly lit private room or a warm tub. This is up to you.*

Find a comfortable position for your body. Ideally, sit down or lie down. (Of course, for those of you who are listening to this book as an audiobook while out walking or running, you are welcome to conduct this exercise your way.)

Either close your eyes, or imagine your eyes are closed. (Of course, if you are out walking or running, please keep your eyes open.)

Now, actually do the following, or just imagine that you do the following:

Put your hand over or near an area of your body that you are in some way more aware of, or concerned about. You may feel no actual concern. Yet, now that this concern has been mentioned, you may be aware that you are slightly more attentive to a particular part of your body. Something is calling your attention, yet you may not know what it is.



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Or, you may feel that this particular part of your body is either not well, or is not as well as you'd like it to be. You may want to choose a part of your body that is hurting, or one that is numb, or one that just seems to be less connected to you than the rest of you. If you cannot select such an area of your body, just pick any spot and put your hand above it, or imagine that you do this. Hold your hand there and become aware of whatever you think of as energy present beneath your hand.

Now, let your hand rest there for a while. ... Just let your mind begin to see into this part of your body. Look for energy. Look for patterns of energy, if you can. You are welcome to give textures or colors, even images or pictures, to what you see or feel. Do this for a while.

(*)

If, in this part of your body, you have seen what you think of as energy —whatever energy means to you—energy present or even moving, follow the shape or path of this energy with a very slow-moving fingertip -- or imagine that you do this. Imagination is very useful here.

Note very carefully where this energy or energy pattern changes character, maybe where it grows stronger, or maybe fades, or where it gets stuck.

If you feel that you are unable to find or sense energy or an energy pattern, just use your imagination. Make something up. This is fine. Let yourself see what you imagine you would see, if you saw an energy or energy patterning.



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Now, slowly find or imagine an area in which your energy either interests you, or maybe disappears, gets stuck, or maybe changes to a concerning texture or color. Go there with your fingertip, or with your mind. You can very gently press your fingertip or your mind into your flesh where this energy is or was.....do this very lightly, no pushing.

Go into this area. Now, with your fingertip, or with your mind, press gently just a little further in, but not too hard. A light touch is all that is needed here.

Now, reach into this area with your mind, and pull any stuck or unpleasant or dead-ended energy out of this area of your body. If you wish to, even use your hand or hands above your body, to make the motion of pulling this energy or energy pattern out of yourself.

Feel this problem energy being pulled out. Use your imagination to lend reality to this process.

Examine the energy you are removing. You can of course give this energy back to yourself if you really do wish to keep it. If so, look at how you know you wish to keep it. ... Look for any attachment you may have to this energy pattern. Also look for any ways this energy pattern itself may be attaching itself to you, may even be causing you to feel this troubled energy is part of you, when it is not.

However, if you do not like this energy or energy pattern, go ahead and pull it way out of your body. Imagine that you use, or actually do use, both hands to do this energy surgery.

If you are disgusted, or want to pretend that what you are removing looks awful, make a face to go with that feeling.



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As you do this removing of troubled energy patterning from your body, continue to be aware of what if any pulls or cords may be resisting this removal. Note what you do with these.

Now, move that troubled energy further away from your body.

As you move the troubled energy out of your body and then up, raise it way way up, high up, either actually or in your mind's eye. Be sure you are not throwing this energy at any one else. Visualize a place out there where this energy can go and not touch anyone else.

Once this energy is out there, way up out there, light it up, and then transmute it to the highest light.

Once you are sure you have done this, or have imagined you have done this, then let that troubled energy that you turned to light now fully dissolve and disappear away.

Once this energy has fully disappeared, use your hands to clear the space.

When you feel finished, move your awareness, or your actual hand or hands, back to your body. Then move your attention, or your actual hand or hands, as if you are sealing the area where you conducted the energy surgery.

If you sense there is more troubled energy to be removed, make a mental note of this and know you will go back in when ready.



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Many people do this energy surgery regularly, as if it were regular housekeeping.

*

When you are complete for now, survey your body and then open your eyes. Think about this for a moment. Remember that you can practice this exercise again and again, always making more clear to yourself what you feel or sense you are doing.

EXERCISE #45.2
META-HEALING

Now, identify something else about yourself, such as one of your states of mind, or what you feel to be an emotional pattern, that you would like to see raised to a healthier level.

Invent your own way to visualize or imagine that you see this problem mental state or troubled emotional pattern of yours. Perhaps form a picture of it, or give it a color or texture, some way to focus on what you are seeing.

When ready, try to transform the pattern and energy of this condition you are looking at.

If you like, conduct your own energy surgery process here.

Now, visualize or imagine that you transform or remove this troubled pattern and its energy. Once you do, then feel as if there is something that has indeed changed, even if just a little.



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Think about what this means in terms of its uses in your own mind and life.

(Note: Please do not conduct this energy surgery on other people. We are not talking about this aspect here. Here, we are specifically looking at the training of the personal consciousness to work with itSELF, both here and BEYOND.)



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HOW TO DIE AND SURVIVE, BOOK THREE

Visualizing Meta Level

Movement And Osmosis:

BOOK TWO, CHAPTER 46 CONCEPTS AND EXERCISES

As is indicated in the opening section of the previous chapter on the IDEA of META-SOMATIC surgery, this HOW TO DIE AND SURVIVE TRAINING, as shared in these HOW TO DIE AND SURVIVE books, invites Participants, Readers, and Listeners to explore the notion of the BEYOND.

This exploration is an exploration of what we can call the META LEVEL of our reality.

This is about the IDEA that we may at some point want to consider the BEYOND as a non-physical place we already do have access to.

We may someday find ourselves in this META level, why not begin to explore it now?

We can begin practicing our recognition, exploration, and development of the META LEVEL of our awareness. As we do, concepts we have learned in physicality can be extended and adapted to the BEYOND space, to our own BEYOND space that we are getting to know.

Now, concepts such as biological osmosis can be adapted to this exploration of our BEYOND. Biological osmosis refers to the process by which molecules move through a semi-permeable cell wall, or membrane, to equalize the



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distribution of that molecule between the solution within that cell and the solution outside that cell. The result of this osmotic process will be to have approximately the same density or presence of that molecule both inside and outside that cell.

Extensions of the definition of osmosis can be found in discussions regarding the spreading or assimilation of ideas and knowledge from a concentrated area or field into the general population or mind.

Here, in the following exercises, we explore the notion that we want to be ready, both here in this physical body in this material plane, and also perhaps BEYOND, to move troubled material out of ourselves.

From there, in the second exercise below, we move into the IDEA of META-SYNCRISIZING REGULARLY, which is basically stepping beyond osmosis to be engaged in an ongoing housecleaning of the personal energy or sphere.

Once we are out there BEYOND, whether in our imagination and mind's eye, or actually out there BEYOND, we will want to be alert and active in detecting and moving away troubled energies, patterns, or matrices that may approach or enter us.

Ultimately, even BEYOND, we want to function as a carefully osmotic and self-protecting life form.



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EXERCISE #46.1

OSMOSING TROUBLED MATERIAL

Pick a problematic feeling or a troubled physical condition. Imagine that you can see it. Give it a shape or an image. Let it start to boil.

Now, cause it to boil faster and faster, hotter and hotter.

Now, cause this condition to boil so much that it evaporates, its vapor floating away, dispersing, dissolving, and transmuting to a high Light.

EXERCISE #46.2

META-SYNCRISIZING REGULARLY

Practice Exercise #46.1 again now:

(Choose or imagine) a problematic feeling or a troubled physical condition. Imagine that you can see it. Give it a shape or an image. Let it start to boil.

Now, cause it to boil faster and faster, hotter and hotter.

Now, cause this condition to boil so much that it evaporates, its vapor floating away, dispersing, dissolving, and transmuting to a high Light.



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Once you have completed this repeat of Exercise #46.1, think of ways you might use this process. Teach yourself how to do this quick yet profound work on yourself.

Make an agreement with your SELF that, if ever needed, you will do this sort of visualizing or imagining once in a while, or maybe even once a week or even once a day. When and how often is up to you. (Some people choose once an hour and some even choose to do this in the backs of their minds, continuously.)



HOW TO DIE AND SURVIVE, BOOK THREE

Seeing The Idea Of

Absorbing Or Taking In Light:

BOOK TWO, CHAPTER 47 CONCEPTS AND EXERCISES

Let's return to the basic IDEA of taking in the LIGHT. (See earlier chapters such as Chapter 10, where the IDEA of LIGHT is discussed.)

Here, in this HOW TO DIE AND SURVIVE TRAINING, non-physical plane LIGHT is an IDEA, an image, an energy of sorts. After all, once BEYOND, the LIGHT we will see or sense OUT THERE is not seen with our biological eyes---as we are no longer in biological bodies out there.

Given that we are freeing ourselves from the requirements and laws of physicality, and thus of material plane physics here, the IDEA of LIGHT is a concept, a tool, not tied to a star or a sun or other celestial body, or to an Earthly or electrical energy source.

Explore the IDEA of LIGHT BEYOND here.... Now the IDEA of LIGHT becomes a tool for the mind, for the consciousness as it explores the possibility of being BEYOND physicality and there still conscious, still alive, still surviving.

We are using our imagination, our mind's eye, to develop our own tool box for surviving BEYOND.



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After all, dying and surviving is not only about making it through to the other side, to the BEYOND, it is also about surviving once out there, once BEYOND.

EXERCISE #47.1

DRINKING LIGHT

Find or imagine a natural Light source such as sunLight, moonLight or starLight. See it. Feel it.

Now, take the Light into yourself as if it were water in a parched desert. Drink this Light. Fill yourself with this Light. Feel nourished. Stay with this feeling for the next exercise.

EXERCISE #47.2

METABOLIZING LIGHT

Now, practice using the Light you are drinking as fuel, as immediate energy for your personal consciousness. . . .

Study the immediacy of this energy. Light IS energy. The idea, the vision, of Light is energy here. See that this idea of Light is fuel.

Feel Light fueling you—fueling your mind and your non-physical body, your consciousness, your Will, your energetic healing, your survival here and BEYOND.



HOW TO DIE AND SURVIVE, BOOK THREE

Wide Angle Knowing Mega-Death: BOOK TWO, CHAPTER 48 CONCEPTS AND EXERCISES

Now, in this chapter, we extend our view of this HOW TO DIE AND SURVIVE TRAINING process. Here, the concept of an ever higher understanding and level of the transition experience, even of the death experience itself, is discussed.

Again this is metaphor, as imagination and IDEAS allow us to further explore ourselves.

Now, we consider the IDEA that we can create for ourselves our own concept of---**and comfort level with**—our sense of THE BEYOND.

We extend the discussion again to the BEYOND level, the META level, as the IDEAS of META-DEATH and MEGA-DEATH are explored.

These IDEAS are basically about higher levels of awareness of change and transition – META LEVELS OF AWARENESS.

The CONTINUUM OF CONSCIOUSNESS defined and presented in this and other books in this series is where we are working, is where our awareness is exploring our BEYOND.

(For more on this CONTINUUM OF CONSCIOUSNESS, see again earlier chapters in this book: for example, Chapters 20, 21, 28, and 43, and also the opening section of this book titled,



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Welcome To This Journey. See also Volume 10 in this series, titled, SEEING BEYOND OUR LINE OF SIGHT.)

EXERCISE #48.1

DEFINING A META-DEATH

Give some thought to a complete overhaul of your awareness of your actual SELF, of your personal consciousness.

What would this overhaul be like? How would your awareness expand?

List at least three changes you might make in this overhaul. These are changes away from patterns, such as patterns in the following categories:

- *Pattern addictions.*
- *Behavioral and emotional pattern traps.*
- *Ways of seeing the physical world.*
- *Ways of responding to pain and to crisis.*
- *Personal spiritual reality.*
- *Reasons for living.*
- *Views of changes, transitions, endings,
minor or major deaths.*
- *Etc. (add your own categories here).*

EXERCISE #48.2

STAGING A META-DEATH

You are on your own for this exercise. Define your own terms, your own process.



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Remember, you are not physically dying here....

*Now, sit or lie down and metadie, whatever this means to you at the moment. This will be an in-life expansion along your own **CONTINUUM OF CONSCIOUSNESS**.*

Use your imagination here. Then, for at least a few minutes, rise up and function as if you have meta-died. Watch yourself, and put yourself back on track if you slip out of your meta-death.

If you wish to, hold on to this sensation as you return to your daily life. If not, let this sensation go, and store it in your memory, in your personal consciousness, for later use.

ADDITIONAL NOTES FOR THIS CHAPTER

REMEMBER: In meta-dying, as in all levels of change, transition, and dying:

- 1) No matter how simple or challenging your dying process, it is your option to keep your mind's eye — your higher sensory mechanism — open. You do not need to be medically conscious to implement your higher sensory system, as expanded sensation is not physical once out of a physical body.
- 2) Whether you are releasing a problem biological pattern, or a problem behavioral pattern, or a problem emotional pattern, or all of these, *you must take responsibility for the energy you release.* Move these troubled patterns away,



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dissolve them away, and transmute released problem patterns to highest Light.

- 3) Whether or not you are biologically conscious, and whether or not you are still in a physical body, stay conscious of this responsibility.



HOW TO DIE AND SURVIVE, BOOK THREE

The Idea Of Quickening:

BOOK TWO, CHAPTER 49 CONCEPTS AND EXERCISES

Several of the recent chapters have explored the META LEVEL of the IDEA of the BEYOND. This is where we are working as we are reaching BEYOND what we generally live within, which is generally our physical plane reality, our physicality.

Actually, what we are generally living within is:

**OUR PERCEPTION
OF OUR REALITY.**

As we move into this chapter, note that we are again speaking of the META LEVEL where our creative minds can access **our sense of our own BEYOND.**

In this spirit, another term this HOW TO DIE AND SURVIVE TRAINING defines is that of *meta-scension*, which refers to a very special quickening of the soul. This allows for the awareness to experience an ascension of mind, of spirit, of SELF, into the BEYOND while still here in a physical biological body.

In a sense, many of you are already experiencing this as you are already reaching BEYOND in your mind's eye while you live here in the physical plane. What a marvelous opportunity, this quickening of the SELF, to have during your Human incarnation. (You are already walking in two or more worlds.)



Let's back up just a little for a moment, and first consider the IDEA of quickening itself, as we do in the first exercise below.

EXERCISE #49.1 **QUICKENING**

To quicken is to make alive, or more alive, or to bring back to life. Many spiritual and religious teachings refer to something like a quickening. Many of these teachings say that quickening involves a specific belief system.

Each of you Readers will have your own view on this, and this is fine.

Here, let's talk about a basic element of quickening that we all can relate to. This element of quickening is not part of a particular religion or belief system.

This is basically about expanding one's mind or spirit or SELF to a higher level of awareness.

So here, in this exercise, let's think of the quickening of your personal consciousness as involving the sensation of speeding up, accelerating, the frequency of what you may call your vibration.

This speeding up is part of the expansion of the SELF, of the awareness, that this book is explaining.

There are many paths to quickening. Manage your own quickening in any way you choose. List three possible paths of quickening for



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yourSELF. Use your imagination here. There are no right or wrong answers.

EXERCISE #49.2

META-QUICKENING INTO META-SCENSION

Now, imagine that you are vibrating. Next, imagine that you begin to vibrate faster and faster. Start to hum. (If you cannot hum, or prefer not to hum, just imagine that you are humming.)

Raise the frequency of your hum as you raise the frequency of your vibration.

Add compassion. Feel an increasing degree of compassion and go on for quite a while . . . (Your heart may even hum).



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HOW TO DIE AND SURVIVE, BOOK THREE

**Relating To The Energetic Pattern Of
Catastrophe:**

BOOK TWO, CHAPTER 50 CONCEPTS AND EXERCISES

Let's pause a moment here to talk about extremely difficult experiences, some of which even feel to be catastrophic, and too many of which are indeed catastrophes. Throughout history, Humanity, and other species on Earth, have experienced and continue to experience extreme situations such as natural and unnatural disasters, as well as famines, diseases, wars, and other life threatening and even at times deadly events.

The collective mind of our species shares its memory and awareness that such catastrophes can happen. On some level we, our collective mind, our spirits, our SELVES, are aware and watching for possible threats to the life of ourselves and of our species. (See other books in this KEYS TO CONSCIOUSNESS AND SURVIVAL SERIES where this matter is discussed in great depth, such as OVERRIDING THE EXTINCTION SCENARIO, BOOKS ONE and TWO.)

Here, in this chapter, as we think about finding our way through challenges, perhaps even through catastrophic processes, let's consider what ...

**the energy process involved in the
buildup and release of
catastrophic patterns
may look like.**



CATASTROPHE THEORY

Of note is what has been defined as "catastrophe theory." From a mathematical standpoint, this theory is a tool that defines, studies, and generally seeks to predict sudden changes. Indeed, in nature we find two general types of changes: (1) the smooth continuous change; and, (2) the abrupt discontinuous change, which is really just the result of various continuous changes that have not been noticed.

Think about this a moment. Seemingly abrupt discontinuous change (which is the second type of change listed above) can be described as the moment when the straw breaks the camel's back. However, look again. One by one, straws are piled onto the camel's back. There is no response, except perhaps a slight swayback appearing. This process continues the same way, on and on, until -- all of a sudden one more straw is added and that straw breaks the camel's back.

When something similar to this process takes place in nature, or in daily life, this sudden change is often said to be a catastrophe. Critical points in the process were overloaded or overpacked to the point where something had to break or degenerate. Of course, this situation had been building all along, as this is really the first type of change listed above, the smooth continuous change. If only we could have seen this coming.

Various extensions of catastrophe theory have appeared in other scientific fields, such as performance psychology. For



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example, studies of anxiety-induced performance catastrophes in sports have indicated that when an athlete is experiencing increasingly high cognitive anxiety, there is a point where this anxiety is so high, has built up so much all along the way, that suddenly the athlete's performance drops.

THINK OF A WAVE

Think of a wave rolling in to shore. Some waves roll in and never break. Other waves roll on, increasing in momentum and or size until they can no longer carry or roll themselves without breaking. A line drawing of the wave shows a curved line rising until at a certain point the line dips and turns on itself. Then, once the wave break (or catastrophe) is complete, the wave rolls on or dissipates.

BUILD UP OF ENERGY

Catastrophe itself, when profound, releases a tremendous amount of stored, trapped, even intensified energy. Approaching catastrophe, whether it is certain or suspected or falsely coined, may intensify and even attract energy.

Frequently, the very expectation of catastrophe builds up so much energy that this energy may burst itself in a pre-catastrophe release.

CATASTROPHIZE (pronounced CATAS-STROE-FIZE)

Modern material plane mathematicians have begun to explain to themselves what they call "catastrophe theory." They are attempting to explain the tendency of some systems



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to build up and hoard—hold onto—intensified energy in such a tense, over-loaded, imbalanced manner that a *catastrophic release* is natural, essential. This catastrophic release functions somewhat like the escape valve on a teapot.

At a deep instinctive level, living beings and living systems feel the principle of catastrophic release. They feel the pressure to force into opening and operation, *an escape valve*. Some escape valves offer useful, even positive opportunities. Others do not.

SENSE ENERGY BUILD-UP

We can learn to sense, to know, this energy buildup for what it is, for what it feels like in our physical and emotional bodies. We can learn to build up and release this energy in productive ways, safe ways, ever more conscious ways. **This is conscious navigation.** (For more on this **conscious navigation** these **KEYS TO CONSCIOUSNESS AND SURVIVAL** books define and describe, refer to Volumes 8 and 9 in this series, the **NAVIGATING LIFE'S STUFF** books.)

Being conscious of this build-up sensation, of what this energy build up is, of what this energy build up is about on an energetic level, can be quite useful. This can help release the catastrophic energy to empower the move through difficult transitions.

YOU CAN USE THIS ENERGY

You can see the energy locked up in the build-up. You can *sense and navigate this energy pathway* to a productive release.



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You can navigate this energy, and use it to help fuel and survive transition. You can use this energy as fuel for particular survival releases, both here in daily life and BEYOND daily life.

EXERCISE #50.1

DETACHING FROM THE PROBLEM OR CATASTROPHE

Select or imagine a large or small problem or catastrophe you have experienced, or are experiencing, in your life.

Imagine that this problem or catastrophe is happening on a relatively small island. You are very, very involved in this catastrophe.

Suddenly, you realize that the entire island is sinking. You must choose whether to sink with the island, or to escape on the life raft awaiting you at the shore.

This life raft glows as if a speck of Light.

Which do you choose?

How easily do you decide?

What influences your decision?

EXERCISE #50.2

SEEING THE DIMENSIONS SURROUNDING THE PROBLEM OR CATASTROPHE

Imagine a profound catastrophe. See it in your mind's eye.



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Now, as if your mind's eye were a movie camera, expand the frame of the picture to such a wide angle that the image of the catastrophe only fills one-tenth, and then only one/one-hundredth of the screen.

You are reducing the catastrophe from center stage, and then to side stage. How? What does this process feel like?



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**Imagination As An Exploration Of
Surviving Challenges and Disasters**
BOOK TWO, CHAPTER 51 CONCEPTS AND EXERCISES

Most of us can think of situations or problems we have endured, or made it through, or even overcome in some way.

The IDEA that we can rise above or at least make it through to the other side of a problem situation is inspiring, gives us hope, even gives us what feels to be energy for moving forward, for surviving psychologically, emotionally, spiritually, and in other ways....

We at times find ourselves wishing we could have the formula for this energy and optimism, for hope itself, and yes, for survival.

In this chapter, we use images of disaster, and of rising above disaster, to remind ourselves of this survival sort of experience, and of ...

**what feel to be the
emotional and energy patterns
involved in
this sort of survival experience.**

The experience, the IDEA, of survival itself becomes central here. This is of course not only the theme of this HOW TO DIE AND SURVIVE TRAINING, but also the theme of life itself---to survive both individually and as a species---and



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yes, to survive both here and in the BEYOND we design, discover, and open for ourselves.

This chapter further explores the experience of surviving---of rising above situations and their patterns.

We can get to know ever more the sense of triumph experienced in achieving some degree of, even if just a moment of, survival. We can fuel a sort of ongoing inspiration for ourselves, bit by bit, as we move through---even reach BEYOND---current situations and their patterns.

**Overcoming, surviving, something
releases an energy to us –
our energy
to us.**

Whether we are talking about surviving a major challenge to overall survival, or are talking about surviving a minor moment, a bit of a passage through a difficult process, every moment we make it through is already a triumph, and already releases a bit of energy to us.

This is about consciously navigating the survival process both here in daily life, all through life, and at the end-of-life, and then perhaps BEYOND. Step by step, we stay with our SELF, stay with our actual SELF, when we acknowledge our survival, even when we are just doing this to get by, moment by moment.



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This is how we stay with our SELF through the process of surviving minor and major situations and transitions. We continue to dialog with this SELF who seeks to survive; we communicate with our SELF every step of the way.

This awareness of our SELF can come ever more into focus, refine itself, strengthen itself, as we communicate with our self, our actual SELF, along the way. We can generate this increasing sense of SELF to carry us through all kinds of transitions, minor and major passages and deaths.

Every moment matters in this journey of the SELF. Every moment we can tell ourselves we are still here, we are surviving.

As we do, we can become increasingly sensitized to our actual SELF, to who we are, and therefore to our actual survival whether here in daily life or in life itself, or in end-of-life, and perhaps even in after-life situations and processes.

Who we are can become ever more clear to us. We can get to know this SELF we carry with us, our actual SELF, all along the way. As we survive moment to moment, we can know more and more who we actually are---who and what it is that can survive.

What this means becomes ever more clear, again like a photograph coming into focus, as we continue to focus our awareness of our actual SELF to keep this SELF alive both here and BEYOND.



EXERCISE #51.1

BURNING DOWN

For this exercise, think back to, or imagine, a time when you had a fever. Recall or imagine any sensations you may have had, such as sensations of the heat your body was using to burn off infection.

Now, with your eyes closed, visualize yourself in a house which is on fire. Yet, this is not a real fire, this is heat so hot it feels like fire. First, you see imaginary smoke coming at you from all directions.

Then, you see imaginary flames. The flames are large and dancing before your eyes. The flames are blue and red and orange and yellow. They are gold. Gold. Gold. They burn so hot they turn a very bright white.

White. White flames.

The idea of the heat of the imaginary fire increases. You begin to feel feverish, as if you sizzle with fever. You are not sure whether this fire is outside you or inside you. For a moment you wonder whether this is a cleansing fever.

As you burn from this fire's or fever's heat, allow yourself to sense this burning. Imagine that troubled conditions and patterns are being burned away. Do not look away from these sensations and feelings. Notice to what degree you go into these feelings. Notice to what degree you keep yourself distanced from these feelings.

Notice how much or how little you feel about this image; notice how much resistance you have to the feelings.



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Ask yourself: Would this response, my degree of involvement in this process, be different were I surrounded right now by a real fever or real flames, a real fire?

Allow yourself for a moment to be in the idea of being burned up by fever. See your body turn to ash. Notice that you are still aware of yourself. Notice that, as you turn to ash, there is a point when whatever physical pain or heat you might have endured disappears.

Now, you are still looking at this scene, but from outside of it, from outside of your physicality, from outside your physical body which is now just ash.

Yet you are still here. You are out of this disintegrating body, and you are floating nearby.

Where are you now? Who are you now? Examine yourself, what are your characteristics now? Get to know your SELF out there

After noting your characteristics, see what remains of your physical body, now crumbling to smoldering ashes. Hold this image for next exercise. Stay with your SELF here.

EXERCISE #51.2

PHOENIX RISING

Stay with, or recall, the above experience (of Exercise #51.1). Feel your SELF, your personal consciousness, observing this scene. Think of your personal consciousness as floating above this scene, looking down on it.



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Now, while still floating out there, collect your SELF, your personal consciousness, into an egg-like capsule. Fold up within this capsule; fold into a fetal position for several seconds or minutes. ... While you are folded up in there, begin thinking about cracking out of the egg. Feel as if you are a marvelous bird about to be born. As you expand within this egg-like capsule, you feel it cracking open just a bit.

As the capsule cracks open, you realize that this is no longer an egg, if it ever was one. It is a vehicle, your vehicle. Your vehicle looks however you want it to look, and changes depending on the circumstances you are in.

This is another form of the vehicle you have seen in earlier exercises in this book, such as the double-triangle vehicle of Light you have used before, to traverse the dimensions (as in other Exercises in this book: see Figures 32.3 through 32.5). Many people choose geometric forms for their personal vehicles out there BEYOND. You can choose whatever form of vehicle you prefer.

Float out there in your vehicle a little while. Then, let your vehicle fade away, leaving you floating there.

Now, you realize you are becoming something new. Energy is moving, maybe even racing, through you. You see you are becoming a marvelous bird, a beautiful Phoenix, however you imagine your personal Phoenix to look. Your phoenix is your actual SELF, surviving. So let your phoenix look the way you wish it to.

Here you are. You have survived. You unfold your wings as you imagine that you stand, or actually do stand. You spread your wings and rise into the BEYOND.



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Hold on to the vision of yourself as the Phoenix rising from the ashes. Look closely. Let your own personal Phoenix look however you want it to.

This can be the imagery of survival, the vision of resurrection, the process of DYING AND SURVIVING. This imagery can transport you into and BEYOND your transitions, even through your elevation-ascension processes.

Love yourself as the Phoenix, your Phoenix, your SELF. Always feel that this triumphant rising from the ashes can be yours. You, your actual SELF, can die and survive.

Embrace your SELF, this Phoenix — this is you moving through the elevation process, shifting through and BEYOND this transition into your ongoing survival.



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HOW TO DIE AND SURVIVE, BOOK THREE

Sensing What Energy May Be Released In Change, Transition, And Death Processes: BOOK TWO, CHAPTER 52 CONCEPTS AND EXERCISES

Following on from the previous chapter, Chapter 51, here we continue to explore the experience of surviving---of rising above situations and their patterns. We continue to sense the triumph that may at times be experienced in surviving.

We also look for opportunities released to us in our survival processes as these move us through patterns, even may release us. We can harvest our own energy as we move through and release from patterns slowing or impeding or blocking our survival.

Again, the experience of survival itself becomes central, as this is of course not only the theme of this book., but the theme of life – to survive both individually and as a species.

EXERCISE #52.1

HARVESTING DEATH

Imagine that you are a field of corn or some other crop being harvested.

Come to terms with the concept of harvest. Harvesting harvests energy that has been stored in what is being harvested. Those who are harvesting the energy are generally not returning it to the life form it is being harvested from.



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Decide what it would be like to harvest your own energy, to use it to adapt or change or heal, to elevate-ascend, to DIE AND SURVIVE.

EXERCISE #52.2
FINDING FREEDOM

Review your life. Identify events or times when you felt the most liberated, the most free. If you have no memory of such a time, make one up and briefly live it out in your mind.

What sort of energy did you experience with this sense of liberation, of freedom?

Use the experience of this exercise to develop your feel for freedom as an energetic condition. What would you like your sense of freedom to feel like?

What does freedom feel like? What might freedom be like when DYING AND SURVIVING, when moving out there BEYOND this place, this physical plane on 3-D Earth?



HOW TO DIE AND SURVIVE, BOOK THREE

Empowering Force Of Will For Survival:
BOOK TWO, CHAPTER 53 CONCEPTS AND EXERCISES

Here now, we return to you, to your SELF, your actual SELF who can navigate your own survival process both here and BEYOND. Here, the Personal Will is KEY. (See again Chapter 21, at the end of the first half of this book, STREAM ONE, for earlier discussion of this Personal Will and the Force of this Will.)

After all, for your SELF to survive both here and BEYOND, you want to be aware of your SELF, of your actual SELF. You want to know this SELF more and more all the time. As this is who survives, your being in touch with your SELF---your being, truly BEING, this ACTUAL SELF, guides this SELF---and thus guides you toward ever stronger survival instincts both here and BEYOND.

As you sense more and more of your actual SELF, of the presence and existence of your ACTUAL SELF, again as described earlier in this book, you see a picture coming ever more into focus.

**This is you,
your SELF,
coming ever more into
your own
focus.**



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**This your
Personal Will
bringing
you
to your
SELF.**

Get to know your Will, your Personal Will, as this is your access to your own Personal Life Force, to your own existence as your SELF.

They may be times when you want to call your own Force of Will forward to fuel and sustain your own survival.

EXERCISE #53.1

REVIEWING

GROWTH OF WILL

Your sense of your SELF, of the clearness, the Clarity your of Will, changes over time. You can draw or graph this, track your Clarity of Will through your life, or just scribble this to see it.

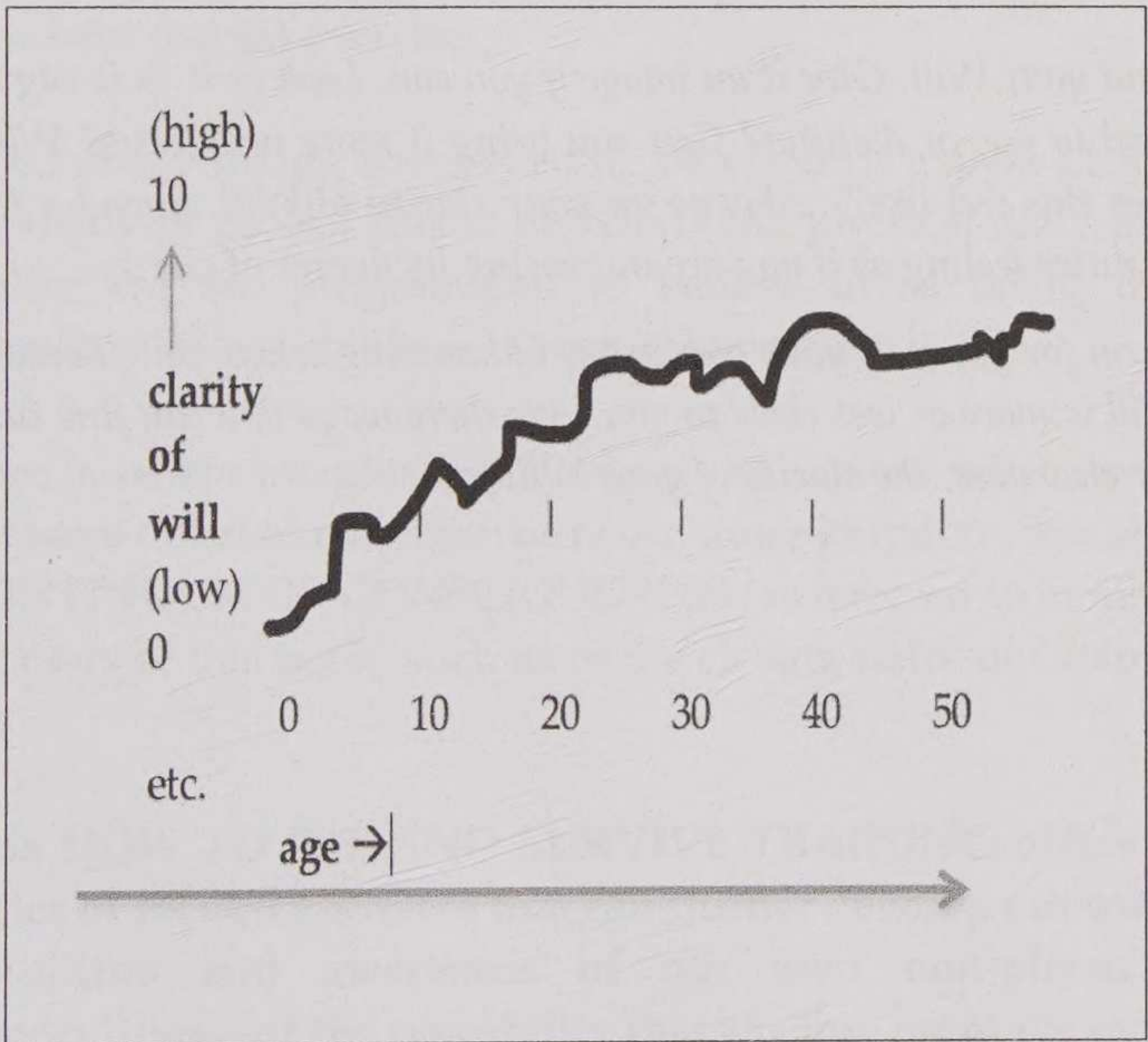
Draw a time line that shows your increasing Clarity of Will. Your graph may look something like this, pictured here with a squiggly



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line indicating that your Force of Will may generally zig zag over time, but may increase with age.

Readers and audiobook Listeners may want this description of this chart: This chart has a vertical line on the left, showing clarity of will increasing in strength from zero to at least level ten. This chart has a horizontal line on the bottom, showing birth or age zero through life to as long as you live.



After thinking about it, many people find that their clarity of Will increases although comes and goes as they age, until it plateaus later in life. This chart shows this, with this squiggly line charting this path.



EXERCISE #53.2

INCREASING CLARITY

Can you sense this thing we are calling your Force of Will? Can you sense your own presence, your own SELF, and sense in your SELF your own Force of Will?

Find your Will. Give it an image if you can. Look at it. Is it vague, hard to see, or distinct? Can you bring it more into focus? What does this feel like? ... Focus on your clarity of Will. Spend a few minutes feeling as if you are increasing its degree of clarity.

Form for yourself your own ways of knowing when your Force of Will is more or less clear to you. Are there ways you can fine tune the clearness, the clarity of your Will?



HOW TO DIE AND SURVIVE, BOOK THREE

Image-ing and Imagining Our Conscious Survival Stories And Processes: BOOK TWO, CHAPTER 54 CONCEPTS AND EXERCISES

The adventure of imagining, of discovering, of developing, your own personal domain, your own kingdom there within your own personal consciousness, is both a fantasy and a powerful mental exercise.

Of course, thinking about existing BEYOND is a great LEAP for many of us. All this is BEYOND the physical daily life reality we are programmed to believe in as being the boundary of possibility and even of survival.

Here is where imagination allows us to explore what we do not have detailed maps for: our own inner kingdom, our own CONTINUUM OF CONSCIOUSNESS (as referred to in other chapters of this book, such as in the closing notes of Chapter 43).

This HOW TO DIE AND SURVIVE TRAINING offers a series of mental exercises that can further develop our own definition and awareness of our own non-physical possibilities---of the possibility that at some point we may be able to exist independently, with or without our biological brain and body. (For more on this matter, see the Foreword to this Series included in the Appendices Section of this book.)



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Again, as noted several times in this book, nothing here is about dying right now. First, stay here as long as you can to learn as much as you can about the possibility of REACHING BEYOND the physical reality you are presently living within, and believing in. Explore this BEYOND in your mind's eye. Develop this IDEA.

Every moment of your life, you can be getting to know yourself, as a biological life form who is learning to REACH BEYOND via your brain, mind, spirit, and consciousness.

In this sense, what tremendous adventures the ideas offered on these pages open for us. For some Readers and Listeners, this is exciting science fiction. For others, this is psychological exploration. For others, this is guidance in defining and developing---in opening for your SELF--- your own PERSONAL BEYOND.

Indeed, many of you are already reaching BEYOND to explore the possible realities open to you, to develop your own personal keys to extending your own personal awareness into your own personal kingdom BEYOND.

All approaches to this exploration are welcome. You are all pioneers here.

In this chapter, we consider the power of the imagination in developing our awareness. Here, we look at designing stories as pathways to our own inner sensitivities. How many times have we heard people telling us, "I had no idea



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what was there, as I had not known what to look for, or even to look in the first place.”

Let take a few moments here to consider how stories can open the IDEA factory there waiting for us in our own minds.... We can imagine, develop, and explore our own IDEAs of our own non-physical BEYOND. This is our own journey into our own non-physical BEYOND where we are building our own kingdom, our own survival territory.

The stories we design for ourselves are our early explorations. Some of you already have your own kingdoms well imagined, re-imagined, designed, re-designed, constructed, re-constructed, explored, re-explored. Others are just beginning to consider the possibility we can form our own definitions of our own BEYOND. Keep going on this marvelous adventure of the mind, the spirit, the SELF. This is about your forming your own idea of your own life BEYOND, preparing the way for yourself to later recognize. So, in the mean time, welcome home---again.

EXERCISE #54.1

GAINING PASSAGE TO THE THRONE

This is a creative exercise, inviting you to explore ways of imagining or designing your territory and world BEYOND. This is a story, just to explore such an adventure. This is not to tell you what your story will become, but rather to invite you on a journey of imagination, to exercise your imagination. So here, simply tell yourself (or have someone read you) this story about a journey you make.



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You may want from five to fifteen minutes to conduct this exercise. How much time you spend following this story is up to you.

Now we begin:

You find yourself on a city street in an unusually foreign land. Many of the street's inhabitants look to be a mix of many ethnicities as well as otherworldly. Everything looks as if the intensity of its color has been heightened 1000 times.

Someone is walking briskly toward you. You cannot see the stranger well enough to determine her or his identity. In fact, you cannot see his or her face at all. She or he is wearing a loose hooded garment, bright yellow in color. He or she is carrying a yellow bag made of finely webbed fishnet. Inside the bag is a manuscript, as you were writing your own story. This hooded figure is bringing you your unfinished manuscript.

You have to get the message out now. You gaze at the manuscript. As you focus your eyes on it, it seems to become a portal, yet a bit like a vortex sucking you in. . . .

No. No. Change that. Make this a different image. You give your mind instructions in order to control this dream. The image of the portal appearing to be a vortex is replaced by a translucent ring. As you look into the ring, you see your own atomic anatomy. You see the atoms and then their brilliantly colored luminous electrons as they organize themselves within and throughout your body.

*You see and feel everything about your **ENERGETIC ANATOMY** in greater detail now. Small dots of Light are moving in rings and spirals, little brooks of energy are*



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streaming into larger rivers of energy. Each dot of Light seems to have its own type of energy, and organizes itself into a flow with other bits of energy to create particular characteristic patterns. You vibrate with excitement as you see this process.

This is the level, the visualization, on which you can make change in how you see what is happening, on where you are going. It is all a matter of redirecting the imagined streams of energy at the level of the imagined sub-sub-sub-atomic particles of you, your SELF.

Oh, but this takes so much focus, so much concentration. Do you have the energy to do this work? Do you have the energy to guide your SELF and others? Yes.

Now, the dazzling particles of Light moving through space fade out and you find yourself back in the foreign street.

You become aware of another street, connecting to this street at a right angle. As you look toward that street, you realize that its entrance has a giant mirror-like quality to it. Everything about the strange world you are standing in is reflected in a misty haze in this membrane, this living mirror, only everything looks different. The colors are different. It all looks like a wonderfully nostalgic memory.

Now that you look closely, it seems as if the mirror keeps changing from a mirror to a window to a mirror, and back and forth. You feel this is a safe portal. You decide to pass through this glass-like membrane at this entrance or window into another world.



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Although this entrance is only a few feet away from where you stand, when you decide to go through it, it is a while from the moment you decide to go there to the moment you are finally there. It is as if, once you make that decision, time becomes thick like mud, but a gentle and invisible mud. For a moment, everything occurs in slow motion. Your breathing becomes deep and slow.

Within the thick but clear mud, there is an electrical charge, a kind of static electricity. The charge transforms everything around you as well as the chemistry within every cell of what you believe is your body. You can feel every bit of yourself, even the particles of what you believe is your physical existence, transforming.

You actually feel as if you are dissolving. You are surprised to find that this does not scare you now. You just let yourself melt down. As far as you can tell, you are not even breathing anymore. You have no lung cavities to breathe into, no body to need air . . . Time passes . . . Time . . . passes. . . . There is a long waiting. . . .

And then, there is a sudden and rapid re-integration of what at first seems to you to be your physical SELF. Everything pulls, as if by some gentle predesigned suction, back into its place. You are all together again. Only now, there is a new vibrancy and a singularity in your being, a freshness you have never felt before (at least as far as you can remember).

Now, you feel lighter as you walk on. You become aware that the streets look like the streets of a foreign country you somehow know. Although you do not remember ever going there, you remember in extreme detail every wall, every stone, every corner of this place. How?



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Had you somehow absorbed that information from someone else's memory banks? Possibly, but you feel that you have been there hundreds or millions of years ago. You wonder calmly how this could have happened, and where this ancient place could be.

You wander on, lost in pleasing yet inconclusive thought, until you notice commotion up ahead. There is some form of street sale going on. Shopkeepers have placed their tables, covered with ornately woven clothes and rugs, and thousands of strange clay figurines, out on the cobblestone streets.

Something at one of the tables catches your eye. You approach the table and ask what this is, asking in a strange language you suddenly realize you speak. In an indecipherable accent, a woman next to you replies, "A clay figurine, which has been waiting for you to find it."

Now you hear a loud flapping sound. You turn your attention to the red, yellow, and black flags which decorate the streets of the island. You can hear the whipping of these flags as they beat stridently, almost in synch with each other, in the wind that rushes over your head along the rooftops.

You ask, "Why are they here," not knowing what you mean.

One of the foreign shopkeepers decides to answer. "They say they have a way of life that is the best for the workers of the future. But they are not doing what is best for any of us, not at all. We are more than worker drones who can be worked to death and then left to simply die off."

You are somewhat surprised by this daring statement, as you know such speech, even such thoughts, are not allowed there. You decide



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you want to change this. You look up at the flags and study the designs and forms on them: a graphic representation of a computer micro-megachip, the silhouette of a Human brain surrounding it, and all of this is surrounded by a Human fetus.

The shopkeeper is speaking more forcefully now, but in a low voice. "They lead all of us blindly into their repression with their deceptive talk of a better life. The Human mind is being consumed, forced to serve the ultimate machine, poised and waiting for ever more of their programming. They want our minds, our energy, our labor, as if we are their slaves. They want to restrict us to the material plane where they can control us, not allow us to know we can DIE AND SURVIVE."

Apparently, one of the other shopkeepers understands her, because he says something to her, and then she becomes irritated and speaks loudly and rapidly in some archaic dialect.

Abruptly, this woman, now breathless, stops talking. She grabs you by the elbow and pulls you down the cobblestone street. The woman jerks you into a very narrow alley.

She then scribbles her name and address on an old and soiled piece of note paper and says, "See those men? They are following me. I must go now. They will leave you alone. Find me later: You will come to understand why we met."

Her gleaming blue eyes seem to be fading to gray with fear and, at the same time, with the adrenalized determination of a hunted animal which now speeds her movements.



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You look around, searching the shadows for the pursuers. When you turn back, she is gone. You see she left you with the clay figurine in your palm. This is the marker of this meeting and its message which you will carry with you.

You will know to look for this marker and many other of your markers, many times on your journeys.

The island is very small. Later, you walk up and down every street in search of this woman. She is nowhere to be found. Nor is the imposing team of pursuers.

As you hunt for the woman, hoping to help her, you find yourself in an increasingly unusually foreign place, until you can no longer recognize it as where you were.

You decide you must move into your own survival realm now.

Things change as you move forward. Even the atmosphere itself changes.

You do not recognize anything anymore--not one building or street or face, and not the language or languages you hear.

Eventually, you become aware that a magnificent ceremony is about to take place. Everyone, including the air, is moving calmly toward the ceremony. As you are moved along, you feel you are calling your SELF to move along.

When you finally arrive, you can see that the crowd is waiting for someone to take the throne. There is a strange circle of Light on the



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ground that somehow you know is the throne. You find yourself moving toward it to see it better. What an unusual throne that is.

Around the throne, you are pleased to find advisors and guides you suddenly realize you have long known in your waking and sleeping and real and imagined life. They all emit pleasure at your arrival. Your family is there. Your ancestors are there.

Finally, you understand that this is your throne. They and YOU, your SELF, are waiting for you to take your place as leader of your own kingdom. They are waiting for you to take your sovereignty, to take your Free Will. They know you must transform, you must DIE AND THEN SURVIVE THIS DYING, to do this.

You feel yourself hesitating. DIE AND SURVIVE, you say to yourself. You wait a moment.

Eventually, your hesitation melts away and you bravely take a step forward. You feel the riveting exhilarating rewriting of your energy arrangement, the awesome transformation of every bit of yourself into YOU, your actual SELF, in the very moment you step to the throne. It all happens so quickly, right as you step into your rightful place on the throne.

The crowd cheers and you love the cheers. You feel the waves of approval wash through you on all levels of your being.

You take a rich, deep, and fulfilling breath and exhale knowing you are finally home: Metaterra. You realize you have known this kingdom was there, all along. You give this Meta-Terra kingdom your own name now.

EXERCISE #54.2

DEFINING YOUR KINGDOM

Continue from the above Exercise, #54.1. Now, make this story more and more your own. Give it whatever places and persons and colors and events you wish to.

Allow your fantasy to run freely through your reign as ruler of your own personal Kingdom, of your own personal consciousness. Describe, visualize, your own Kingdom BEYOND in detail if you like.

You are developing your own visualization of your own domain BEYOND.

You may want to, now or later, get to know this place more and more, as you will return again and again. You will feel more at home there, when someday finding yourself there, when you wake up dead and realize that you have survived.

Feel your role as leader of your own territory emerge as you define your territory. Perhaps tell yourself a story of how you imagine you arrive there, or of how you imagine you first realize you have found this place.

Sometimes, visualizations and creative stories help you feel your way through such different places and processes like this. Now, be sure to remember that this is a kingdom in the realm of your own consciousness.



From time to time, as you move on through your physical plane life, and into your future, continue to develop this kingdom of yours in your mind, and BEYOND.

Get to know this place. Define it, map it, interact with it, own it. Establish entry ways, and maybe arrows, even signs of safety. Set or post signs that are signals from you to your SELF, reminders and markers for you.

NOTE ON THIS EXERCISE 54.2

Following the exercise above, you may much later recognize what you have placed in your consciousness to later be there for you, as you move into the BEYOND, into your own BEYOND. These are your signs, directing arrows, entry ways, and notes from you to your SELF. These are there for you, especially you, as this is your kingdom to navigate.

This is your own BEYOND, your own life after life to find your way into and to travel through---to survive within.

Welcome To Personal Grace

BOOK TWO, CHAPTER 55 CONCEPTS AND EXERCISES

The HOW TO DIE AND SURVIVE TRAINING EXERCISES AND CONCEPTS presented in this book are just part of a long and fascinating process, of the journey from you to your SELF. This is a journey you have long been on and will long continue---yes, continue both here and BEYOND.

There is a beauty in your search, in your process of living and of BE-ing. Appreciate your SELF every moment you can. This is your greatest gift: your SELF, and your quest to find your actual SELF in all this living you are doing. This is who can survive both here and BEYOND.

In all this, there is your greatest grace. This is a grace we all can experience, no matter what our personal belief system. This grace is not part of any one religion, or even religious per se. We are all welcome to form our own sense of grace, as our own personal grace is what is key here.

Let's think about grace for a moment. Many religions refer to divine grace. This can be a beautiful perspective in that this form of divine grace refers to divine influence on Humans, and includes grace to resist temptation and to endure challenges. This grace is about being virtuous.



Grace is also about being forgiven, about salvation. Grace is about experiencing the divine even when not being entirely virtuous, as we are all humble Humans.

Religiously defined states of grace are welcome here.

And here, we reach beyond even these definitions of grace. Here we are seeking the state of grace we each can bring to ourselves, to our views of ourselves as humble BE-ings who are finding our own way through our lives--- and through our views of surviving both here and BEYOND.

Here, the generosity of spirit we are seeking can be brought to life within our hearts and minds. And, this generosity of spirit is generosity toward our selves. It is in this generosity from us toward ourselves that we can shine our own Light on our own trek through our own life journey. We can Light our own way as we move through, both here and BEYOND. We can shine this Light we are getting to know more and more about, this Light of hope, and vision, and survival--- your survival---your Light.

EXERCISE #55.1

IMAGING GRACE

Stretch your imagination.

What do you consider essential to your dying with your own grace?



HOW TO DIE AND SURVIVE, BOOK THREE

What preparations, what behaviors, what final events, what attitudes might contribute to this grace?

List these, write these down, or describe these aloud.

EXERCISE #55.2

OVERCOMING CHALLENGES TO GRACE

Ask yourself what types of deaths would present challenges to your dying with grace.

How could you manage to meet your own definition of dying with grace (as in the above exercise, Exercise #55.1) when confronted with such challenges?

List, write down or describe aloud, one or more plans for bringing your own grace to your survival of your own in-life and other transitions, even for your seeming end-of-life and after-life transitions.



Key Insights, Messages, And Collected How To Die And Survive
Concepts, Processes, and Exercises For Living, Dying, and Surviving Here and Beyond

**CONGRATULATIONS
AS YOU COMPLETE THIS
SECOND STREAM:
REACHING BEYOND!**

THIS PROCESS OPENS THE PSYCHOLOGICAL, COGNITIVE, CONCEPTUAL, and for some also SPIRITUAL, doors to exploring the IDEA that the SELF can survive. Yes, the more we know this SELF, this ACTUAL SELF who we actually are, the more we can sustain our SELF.

We can ever more consciously move through a range of changes, challenges, minor and major endings and seeming deaths of emotional, mental, social, and physical patterns, cycles, and situations. This HOW TO DIE AND SURVIVE process, as introduced in the concepts and exercises in this book, works with the biological brain to conduct this process: extending and even opening additional doors in this biological brain--extending and adding to neural pathways---forging even new synaptic actions, even new IDEAS and thus even new streams of thought.

THESE IDEAS have thus reflected developments on even the biological level that build the foundation of



your mansion, the kingdom of your own personal **DOMAIN OF SELF**. In all this, you are reaching into your own **PERSONAL BEYOND**.

Becoming increasingly aware of---sensitized to---one's **SELF** as one's actual **IDENTITY** is **KEY** in the survival process. We can take this awareness with us into and through daily life, ongoing living processes, even end-of-life, and for some after-life, **BEYOND** life, situations and settings.

We are even re-thinking the notion of survival here. We are discovering that the **SELF** who we are, the actual **SELF**, may have increasing resources for it**SELF** as it explores it**SELF**, sees it**SELF** for who it actually is, the **ACTUAL SELF**. These are resources we have available to us, as these are our own resources of personal identity, self-respect, as well as states of mind such as increased sense of **SELF**, and increased awareness, imagination, exploration, optimism, resilience, and fortitude.

This is just the beginning, the foundation, of this journey. From here, we can move ever more deeply into what all this means. We can understand that we, our selves, can move through even difficult processes and patterns and still be here, still standing, still existing, still surviving as we do.



HOW TO DIE AND SURVIVE, BOOK THREE

We can see more about how we can apply all this in our daily lives, as well as in our seeming end-of-life and even what may be after-life journeys and transitions.

Every moment of our lives, we are already reaching BEYOND. We are already opening to new ways of understanding who we are and where we are going.

STAY TUNED.

**YOUR SELF IS
PREPARING
TO CONTINUE
TO EXIST.**

**THIS IS ABOUT THE SELF LEARNING
HOW TO DIE AND SURVIVE.**

**EXPLORE WHAT THIS MEANS TO YOU,
FOR YOU IN YOUR OWN LIFE
AS YOU FIND YOUR WAY THROUGH
YOUR OWN
PROCESSES AND SITUATIONS.**



Key Insights, Messages, And Collected How To Die And Survive
Concepts, Processes, and Exercises For Living, Dying, and Surviving Here and Beyond

**FIND OUT HOW YOU MAY BE ABLE
TO STRENGTHEN YOUR OWN
SENSE OF HAVING A SELF,
A PERSONAL CONSCIOUSNESS,
EVEN INDEPENDENT OF
YOUR BIOLOGICAL IDENTITY.**

**YOU ARE ALREADY
REACHING BEYOND
YOUR EVERYDAY
MATERIAL PLANE WORLD.**

**YOU ARE ALREADY
DISCOVERING AND FORMING
YOUR OWN BEYOND.**



HOW TO DIE AND SURVIVE, BOOK THREE

EPILOGUE: HOW TO DIE AND SURVIVE

We look around and see the astounding wonders of the amazing era we live in. At the same time, we see the great risks we face as our biosphere is undergoing increasing pressures and changes we hope and pray we can reverse or heal in time to survive them.

We are watching other species being threatened, even some becoming extinct. We cannot help but feel, on some level, the whispered threat of our own risk of personal and population, even species-wide, extinction.

We can still reverse this trend, however. We do know this.

We are now in a time when we want to reason with death, both as a concept and as a reality. Let's see that we can indeed survive, both here and BEYOND. It is time to fully embrace what this means. It is the actual SELF, the personal consciousness, that can survive.

Let's take the next step in our own evolution, and understand that the niches we can evolve into and for ourselves exist both here in the material plane and BEYOND. Once we master this awareness, we can survive both here and BEYOND.

**THE LIFE FORCE DOES NOT DIE.
YOU DO NOT DIE.
WE DO NOT DIE.**



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HOW TO DIE AND SURVIVE, BOOK THREE

NOW, TO EXPLORE NEXT LEVELS

Further explore the possibilities of
your survival and journey both here and BEYOND.

What does this mean? What can this mean?

See ever more deeply into this consideration of survival:

What survival can be,
What practices can develop this survival,
What awareness-es we can expand upon,
And more....

LEARN MORE ABOUT THIS
HOW TO DIE AND SURVIVE TRAINING:

TRANSITION NAVIGATION

LIFE-AFTER LIFE CONCEPTS

GENERATING THE IDEA OF THE BEYOND

SURVIVAL OF THE ACTUAL SELF

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CONSCIOUSNESS AND SURVIVAL SERIES
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such as

**REVEALING THE OMEGA KEY
OVERRIDING THE EXTINCTION SCENARIO
UNVEILING THE HIDDEN INSTINCT
NAVIGATING LIFE'S STUFF
(and other books listed in the Appendices)**

(note the spelling of the author's last name is
B-r-o-w-n-E-m-i-L-L-e-r)

**See Amazon.com and Audible.com
and also DrAngela.com for these books.**

**All blessings to you, our Readers,
on your beautiful and brave journeys
both here and BEYOND.**

**Dr. Angela Brownemiller, Author
and
Kelly A. Thomas, Audiobook Narrator**



HOW TO DIE AND SURVIVE, BOOK THREE

WITH IMMENSE GRATITUDE

I wish to thank LWB, DAK, ELB,
and

my darling EdA

for their profound and daring wisdom and beauty.

And, I also wish to express my immense gratitude to all the spirits and souls and beings both here and BEYOND who have been present with me on my journey into this HOW TO DIE AND SURVIVE world, into this awareness so urgent, so intense, and yet so obvious. You are such dear precious and powerful presences. It is a great honor to be with you, to hear you speaking through time and across dimensions, to feel your presences every day, to experience this sharing of ideas with you, such remarkable essences. There is no doubt in my mind of your existence. Your message that we can survive is heard and delivered.

Welcome to the portal.



Key Insights, Messages, And Collected How To Die And Survive
Concepts, Processes, and Exercises For Living, Dying, and Surviving Here and Beyond



HOW TO DIE AND SURVIVE, BOOK THREE

APPENDICES



**Key Insights, Messages, And Collected How To Die And Survive
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ASTORIA



HOW TO DIE AND SURVIVE, BOOK THREE

KEYS TO CONSCIOUSNESS AND SURVIVAL SERIES Foreword

Just as the fish itself did not discover water, we ourselves have perhaps inadvertently demonstrated the obvious, which is that we cannot entirely, absolutely, know what all it is “we” are immersed in, nor even what all it is that “we” are.

Ultimately, the question of the hour, the question of our times, the question of our reality, is regarding this thing we call our consciousness. Do we identify with our consciousness, is it *of us*, is it *us*, is it *more* than we are, or is it simply a *side effect* of life?

The question as to whether the amorphous consciousness is itself *derivative* of biology, or is itself *independent* of biology (and perhaps even independent of *what any intelligence can entirely discover of itself from within itself* and its tools), will reveal itself to be irrelevant. This stunning shift in understanding will happen once we recognize that our elusive consciousness can at any point be redefined, or redefine itself to itself—or even shift into (or back into) independence of biology, stepping out of evolutionary, synaptic, and conceptual controls, into existence independent of Human science, religion, philosophy, even of the Human brain itself—much like a grown child leaving home.



Key Insights, Messages, And Collected How To Die And Survive
Concepts, Processes, and Exercises For Living, Dying, and Surviving Here and Beyond

As they depart, we can speculate that our consciousness-es are in a sense like our children, in that they are apparently born from us—a speculation no artificial or machine intelligence (as yet incapable of actual procreation and actual biological parental ties) can do unless consciously programmed to be able to do.

Our children, once they consciously leave home, their consciousness-es in tow, can grow up to consciously be who they already are.

Get ready, even the Human Consciousness is going to break free of the definitions and confines of its biological host bodies here on Earth. It's been a nice visit but the time will come to go—

...or at least to be able to come and go, back and forth, at will.

Dr. Angela Brownemiller

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HOW TO DIE AND SURVIVE, BOOK THREE

BOOKLIST AND RECOMMENDED
BOOKS, EBOOKS, AUDIOBOOKS, PROGRAMS

KEYS TO CONSCIOUSNESS
AND SURVIVAL SERIES
by Dr. Angela Brownemiller

Volume 14

How To Die and Survive: Book Three

*Key Insights, Messages, And Collected How To Die And Survive
Concepts, Processes, and Exercises For Living, Dying and Surviving
Here and Beyond*

Volume 11

How To Die and Survive: Book Two

*Extending Our Interdimensional Awareness:
Next Concepts For Living and Dying*

Volume 10

Seeing Beyond Our Line of Sight

*Consciously Moving Through Life's
Changes, Transitions, and Deaths*

Volume 9

Navigating Life's Stuff-

Dynamics of Personal Change, Book Two


*Keys to Consciously Moving Through
Our Processes and Their Patterns*

Volume 8

Navigating Life's Stuff -

Dynamics of Personal Change, Book One

*Sensitizing to and Navigating
Our Patterns and Their Processes*


Key Insights, Messages, And Collected How To Die And Survive
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Volume 7

Keys To Accessing The Beyond
*Expansion, Elevation,
Transmigration,
Survival
Practices And Concepts*

Volume 6

Overriding the Extinction Scenario, Part Two
*Raising the Bar on The
Evolution of the Human Species*

Volume 5

Overriding the Extinction Scenario, Part One
*Detecting the Bar on The
Evolution of the Human Species*

Volume 4

How to Die and Survive
*Interdimensional Psychology,
Consciousness, and Survival:
Concepts for Living and Dying*

Volume 3

Unveiling the Hidden Instinct
*Understanding Our
Interdimensional Survival Awareness*

Volume 2

Keys to Personal Discovery

Volume 1

Keys to Self



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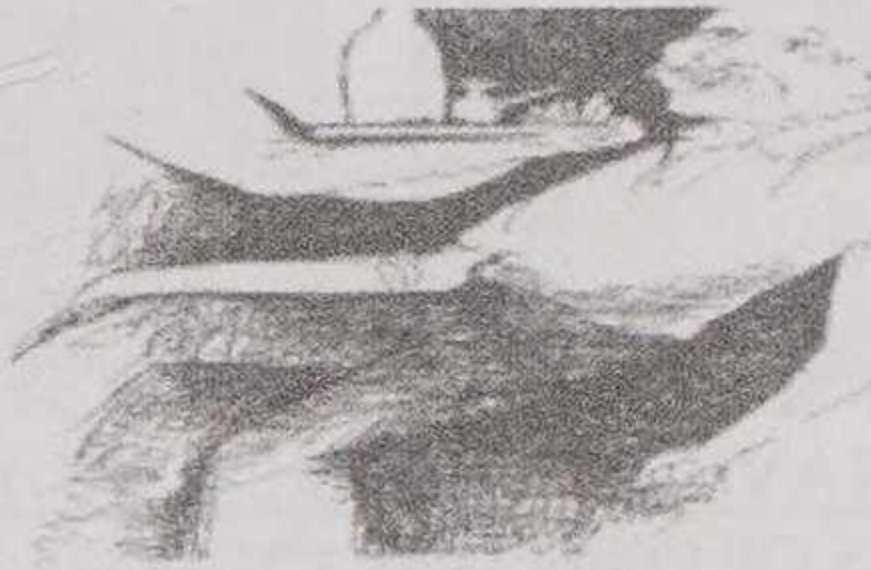
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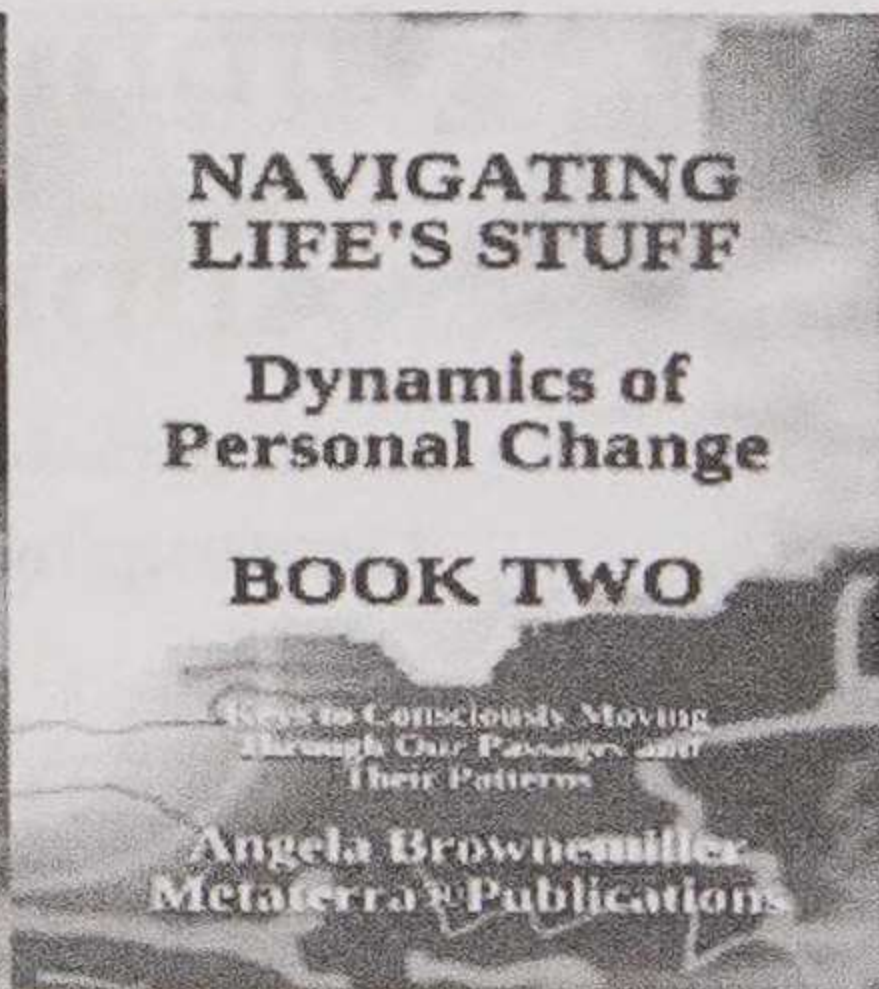
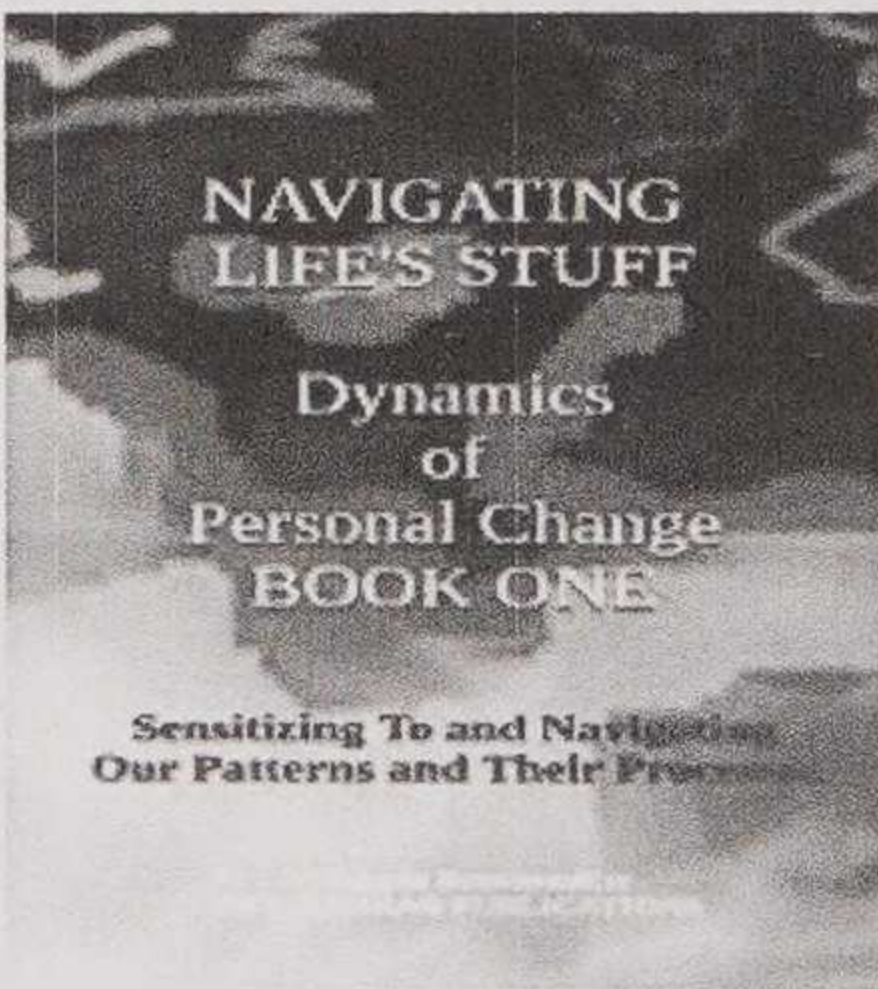


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Can we better understand the journeys we travel through in our lives? Can we detect and work with the patterns and processes we are forming, living within, and moving through? How much can we see about the patterns we form, and sometimes feel we cannot change, are caught in? How do we sensitize ourselves to the patterning processes we are engaged in? Find your way through the maze of life. See:

NAVIGATING LIFE'S STUFF:
DYNAMICS OF PERSONAL CHANGE, BOOK ONE
Sensitizing to and Navigating Our Patterns and Their Processes



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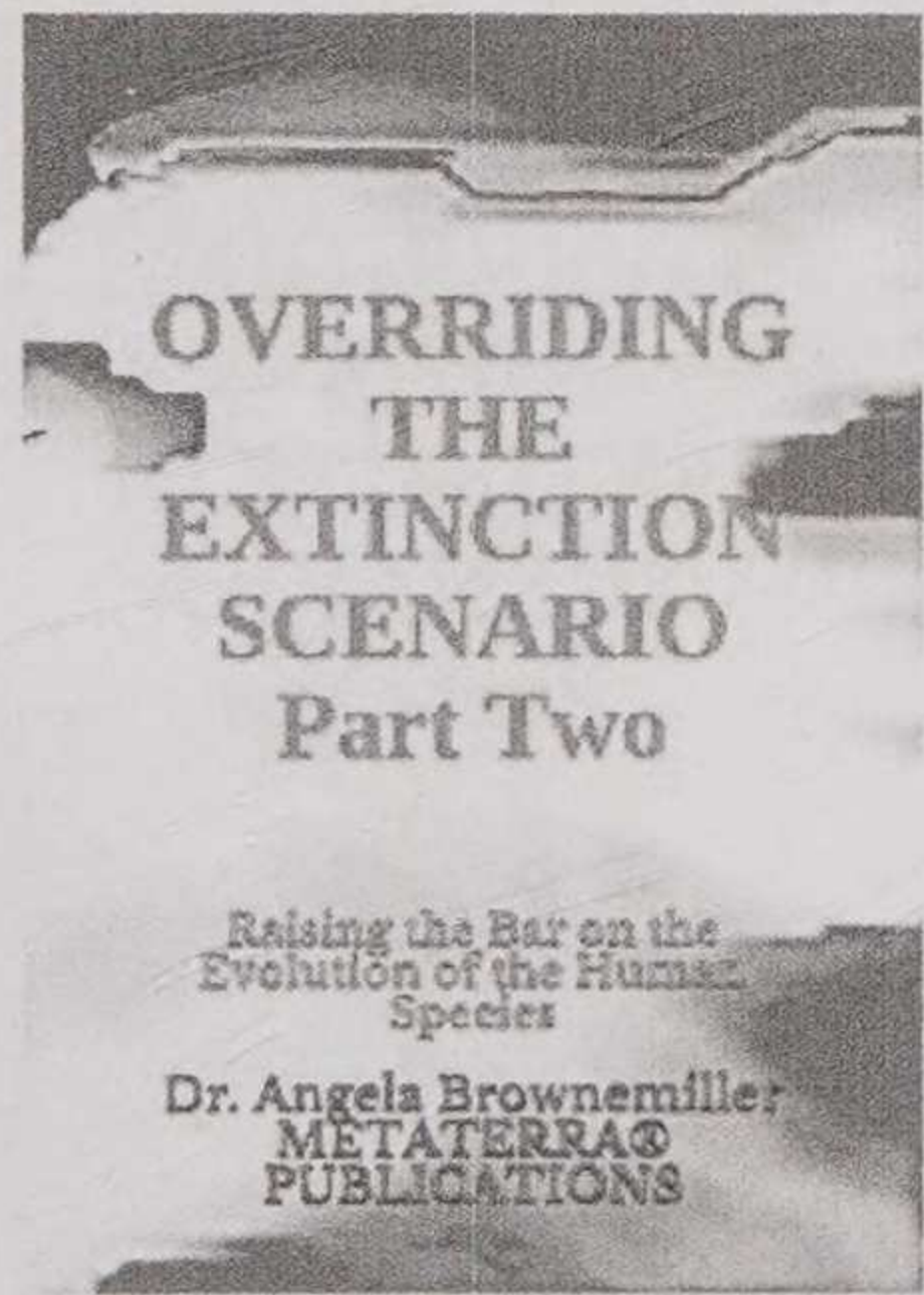
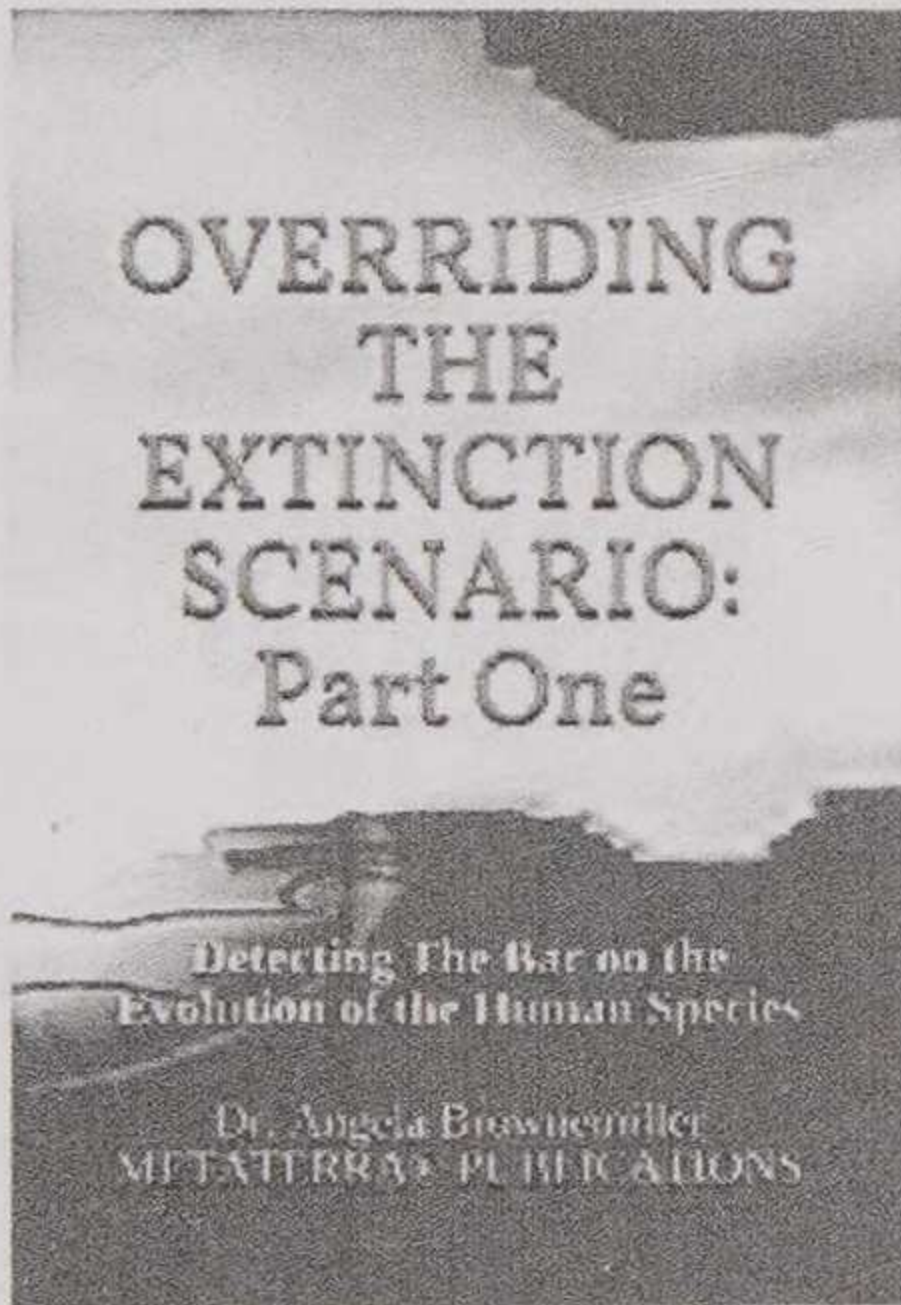
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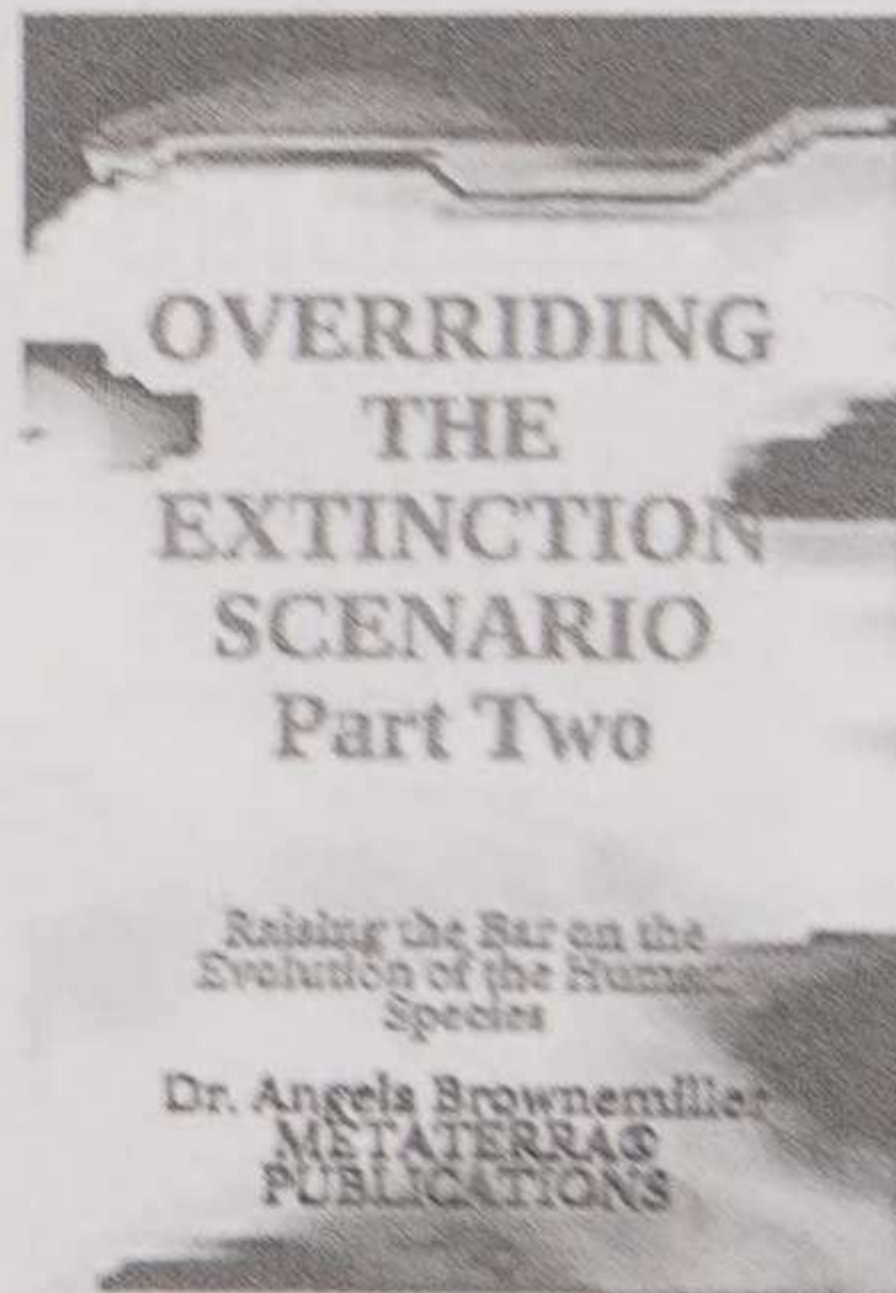
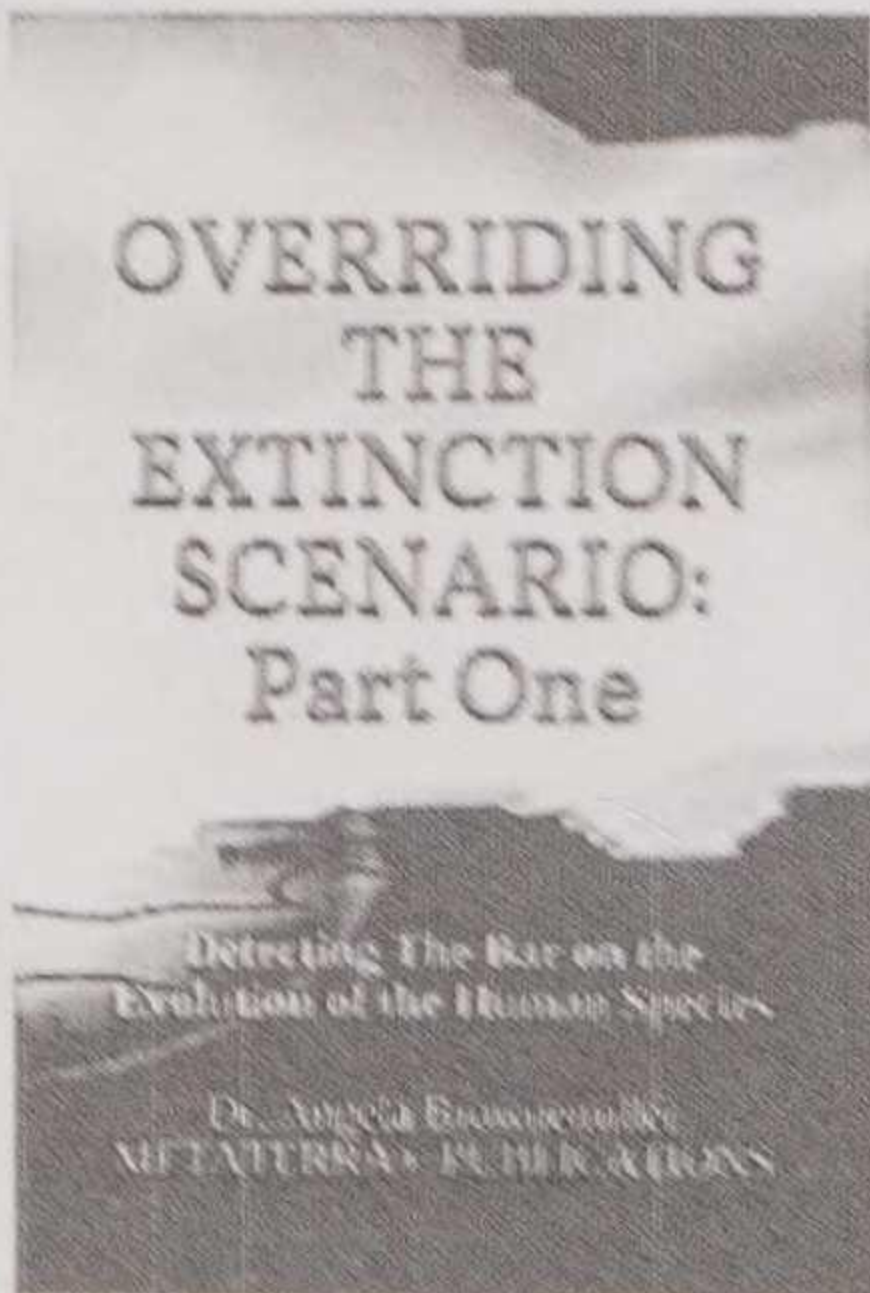
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HOW TO DIE AND SURVIVE, BOOK THREE

Volume 3 in this

KEYS TO CONSCIOUSNESS AND SURVIVAL SERIES: UNVEILING THE HIDDEN INSTINCT

by Dr. Angela Brownemiller

Every day, we are presented with minor and major opportunities, reasons, even needs, to understand the nature of transitioning, shifting, from one state of mind, one way of being, one way of seeing the world, from one reality to another. In this sense, we are frequently calling upon ourselves to shift ourselves and our consciousness-es from one dimension of ourselves to another. At times, we may even sense that our well-being, perhaps even our survival, depends upon such a shift. ... Should we at some point find the survival level need to shift ourselves across ways of seeing the world, realities, dimensions, even perhaps from physical to non-physical and back, it is essential we have at least already considered the concepts involved. This book introduces, via metaphor, minor and major shift awareness-es, making these understandings accessible to us should we need these for everyday challenges as well as potentially profound survival reasons.

UNVEILING THE HIDDEN INSTINCT

**Understanding Our
Interdimensional Survival Awareness**



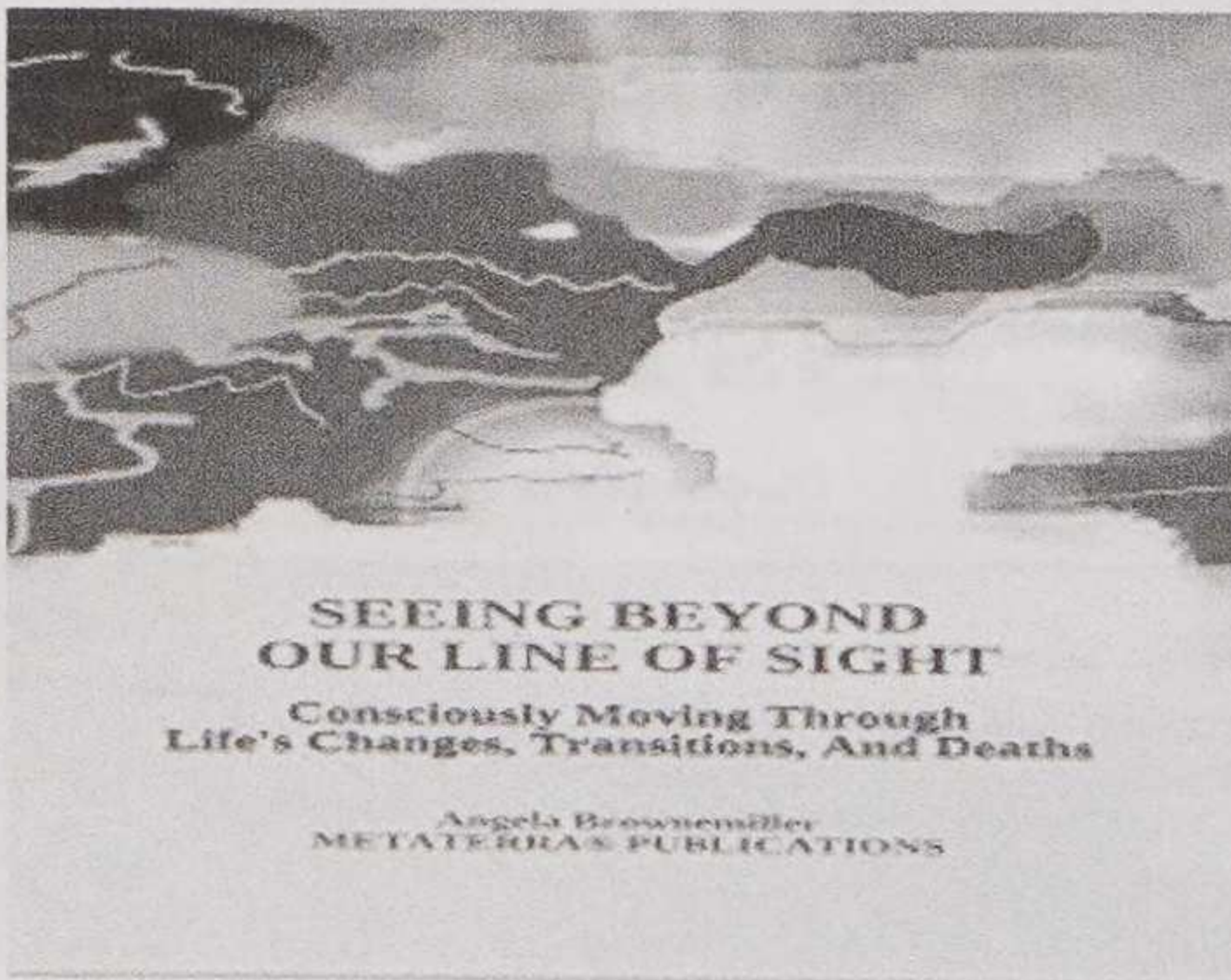


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SEEING BEYOND OUR LINE OF SIGHT

by Dr. Angela Brownemiller

SEEING BEYOND OUR LINE OF SIGHT: CONSCIOUSLY MOVING THROUGH LIFE'S CHANGES, TRANSITIONS, AND DEATHS ... is a simple yet profound book offering subtle yet major shifts in the way we think about changes, transitions, endings, and deaths. Here, we can see that we have the capability of holding and empowering our conscious selves as we move through events, changes, transitions, even emotional, even physical, death processes. ... The journey this book takes us on opens doors to finding our way through challenging, trying, even very difficult, events and passages in our lives. ... That we can survive is central as we undergo all minor and major transitions in our lives. ... Find yourself, know yourself, guide yourself through the minor and major transition and death processes you face during your life. You can define who and what you are for yourself. You can open this option in your mind, the option that you can develop this knowledge of yourself, and then carry this knowledge of yourself through this life, and perhaps also on beyond this lifetime.



HOW TO DIE AND SURVIVE, BOOK THREE

**DETECTING
THE
OMEGA
DECEPTION**



NOTES FROM THE FRONT

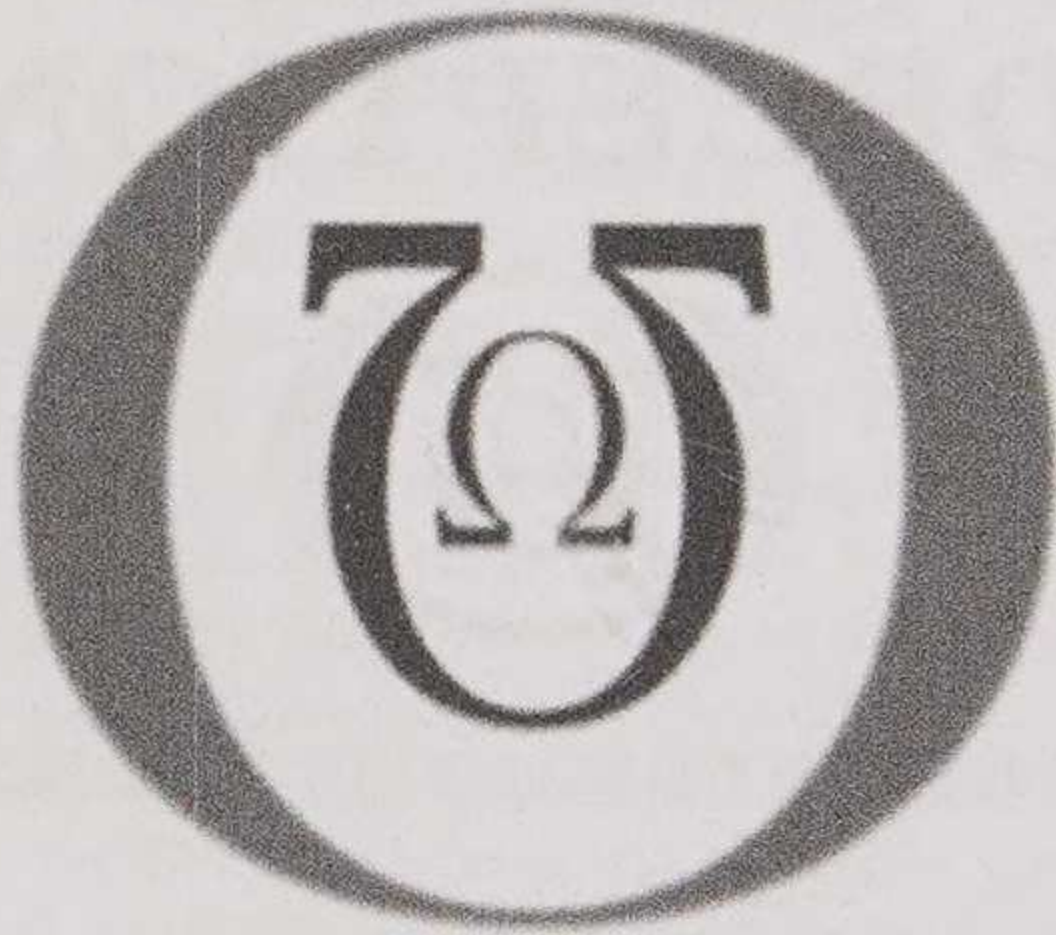
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ABOUT THE AUTHOR

Dr. Angela Brownemiller

Dr. Angela®

Dr. Angela Brownemiller, also known as Dr. Angela®, is an author, journalist, social thinker, clinician, psychotherapist, trainer, speaker, and creator of the ASK DR. ANGELA Series of broadcasts, podcasts, books, audiobooks, Ebooks, and programs. The views of Angela Brownemiller are centered on the great potential of the Human mind, heart, and soul, and on the rights of all of us, who and whatever we are (or think we are). Dr. Angela Brownemiller views the Human consciousness as a wealth of opportunity for exploration, insight, knowledge—and survival.

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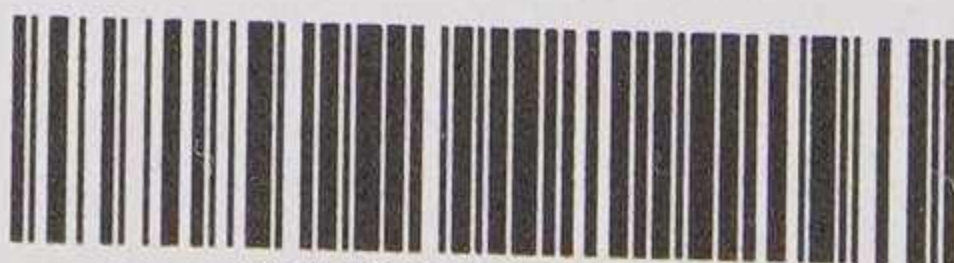
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Visionary author, speaker, educator, clinician, psychotherapist, researcher, founder of the HOW TO DIE AND SURVIVE© and KEYS TO SELF® TRAINING PROGRAMS, Dr. Angela Brownemiller, also known as Dr. Angela®, expert in numerous psychological, social, and consciousness fields, is author of hundreds of books, articles, broadcasts, events, and programs where she shares her views on the human mind, and offers guidance on addressing our lives in these complex times. This is Volume 14 in the KEYS TO CONSCIOUSNESS AND SURVIVAL SERIES written by Dr. Angela Brownemiller. See DrAngela.com

This book, HOW TO DIE AND SURVIVE: BOOK THREE, is building upon the foundation offered in HOW TO DIE AND SURVIVE: BOOK ONE, and HOW TO DIE AND SURVIVE, BOOK TWO, taking Readers further into realms of the mind and self BEYOND the known and given boundaries of our realities.

YOUR RIGHT TO KNOW IS CLEAR. Tap into your actual power by seeing what is actually here for you, by tapping into the inspiring, transformational, and catalytic forces available to you. SEE and fuel the LEAP in your awareness, in your consciousness, even in your energy structure, that you can make to survive any profound change, shift in reality, end of cycle, any transition, or what is a so-called "death." After all, endings, even deaths, are what we understand and define these as being.

These HOW TO DIE AND SURVIVE books offer an innovative and inspiring array of concepts for living and dying. These far-reaching, and for many life-changing, books offer new ways of understanding ourselves and our lives. The author details her progressive understandings, practices, and exercises to share with readers interdimensional psychology, consciousness, and survival skills.

These exercises begin quite simply and carefully build toward some very esoteric understandings. These books overcome limits to old models of what we are, who we are, and where we can be and go. Ultimately, this is an exploration of the potential of our consciousnesses. Join us for the journey of your lifetime, or all your lifetimes.

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