

## Death – A New Perspective on an Old Mystery



Death. It is perhaps the most universal and inevitable aspect of life, yet we barely speak about it. We avoid the topic, push it aside, or wrap it in mystery and fear. But what if we stopped seeing death as an enemy and instead embraced it as a natural part of our existence? What if we broke the taboo and looked at what death truly is—and what it is not?

In this booklet, I want to explore a different approach—one that moves beyond fear and sorrow and invites us to understand death in a new way. We will examine two perspectives:

1. Your own death – How do we view our own mortality? What does it mean to know that our physical body is finite? Can we prepare for death without fear? What happens when we die?
2. The death of another – This is where most people struggle. The loss of a loved one brings grief, mourning, and often a sense of emptiness. How do we cope with this? Can we experience grief in a different way, without being paralyzed by it? What does it truly mean to lose someone?

By shedding light on these two perspectives, I hope to provide not only insight but also a sense of peace and acceptance. Death is not an enemy but a transformation. Not an end, but a transition. Let's explore together what this truly means.

## Content

Chapter 1: What is Death?.....	3
Chapter 2: Your Own Death.....	5
Chapter 3: The Death of Another.....	8
Chapter 4: Breaking the Taboo.....	11
Chapter 5: How to Talk to a Child About Death.....	13
Chapter 6: Death as a Friend.....	15

## Chapter 1: What is Death?

Death may be the greatest mystery of life. We see it as an end, an inevitable separation, and often as something to be feared. But is that really the case? In this chapter, we will explore what death truly is—or rather, what we think it is. Because, as with many things in this world, our experience of death depends on the meaning we assign to it.

A Course in Miracles (ACIM) teaches that death does not truly exist. Just as the world we see is a projection of our own mind, death is merely a concept within this dream. The Course states that we are not our bodies but pure spirit—eternal, untouchable, and one with God.

According to ACIM, death is nothing more than a belief we have accepted. It is an illusion that arises from our identification with the body. In reality, the Son of God (who we truly are) cannot die, because he was never born and has never left the Kingdom of God.

Lesson 163 of ACIM states this very clearly:

"Death is a thought that takes on many forms and is seen as real. It is regarded as the end of life, the ultimate dream in which dreams cease. But if death is only a thought, how can it truly end anything?"

So, death, as we experience it, is not a reality but a belief. And as with any belief, once we question it, it can lose its hold over us.

But if death is not real... what happens when we "die"?

From the Course's perspective, death is not the end but merely a transition within the dream. It is a change of form, a shift in perception. What we call "dying" is actually the release of the physical body, while the spirit continues on.

Think of falling asleep: when you fall asleep, you do not cease to exist—your consciousness shifts to another state, another experience. Death may be the same: a transition from one "dream level" to another.

Many people who have had near-death experiences describe death as a gentle transition, a return to a state of love and peace. Some experience a "tunnel of light," others see deceased loved ones, or feel a deep sense of oneness with everything. This suggests that death is more of a transition than an ending.

Yet, for many, death feels absolute and irreversible. That is because we view it from our limited, earthly perspective. But imagine if we did not need to fear death—how would that change how we live?

Death has been interpreted in different ways throughout history. Here are three key perspectives:

1. **Spiritual Perspective:** In many spiritual traditions, death is seen as a transition to another form of existence. Buddhists believe in reincarnation, where the soul undergoes multiple lives to reach enlightenment. In Christianity, death is often viewed as a gateway to the afterlife, where the soul continues in heaven or hell. In non-dualistic traditions (such as Advaita Vedanta and ACIM), death is merely an illusion, because only the eternal spirit truly exists.

2. **Scientific Perspective:** From a modern scientific standpoint, death is considered the cessation of biological functions in the body. Neurologists argue that our consciousness is a product of the brain and ceases to exist once brain activity stops. However, increasing research on near-death experiences and consciousness beyond the body suggests there may be more than just physical death.

3. **Philosophical Perspective:** Philosophers have pondered death for centuries. Epicurus famously stated that we should not fear death because we will never experience it:

"When we exist, death is not. When death is, we are not."

Existentialists like Heidegger and Sartre, on the other hand, emphasized that death gives meaning to life—because we are finite, we must choose how to live now.

What is the truth? Perhaps the truth does not lie in a theory but in how we experience ourselves and life. If we see ourselves as the body, then death feels like a definite end. But if we see ourselves as eternal spirit, then death is merely a shift in perspective.

This chapter is just a beginning. We have explored how A Course in Miracles views death, how it may be an illusion or a transition, and how different perspectives interpret it. What we take from this is that our view of death determines how we deal with it.

And that brings us to the next question: How do we view our own death?

In the next chapter, we will dive deeper into our personal fear of death and how we might approach it differently—perhaps with a touch of humor.

## Chapter 2: Your Own Death

(Or: Relax, It's Going to Happen Anyway!)

Let's be honest—who really enjoys thinking about their own death? Most of us push the topic deep into the “Later, when I'm old” drawer in our minds. We know it's going to happen eventually, but we act as if we can put it off for a few more decades.

But today, let's take a moment to actually look at it. And let's do so with a smile, because in the end, no one has ever truly “survived” death (at least, not in a physical sense), and yet here we are, discussing what happens when the time comes.

Maybe death isn't as serious as we think.

Fear of Death: Where Does It Come From?

Let's take a moment and ask ourselves: Why are we actually afraid of death?

Here are some common answers:

1. “I don't know what happens next.”

– Ah, the classic fear of the unknown! But let's be honest: when you were born, you didn't know what was going to happen either. And look how that turned out! (Okay, sometimes a bit messy, but we manage.)

2. “The idea that everything stops scares me.”

– I get that. But what if nothing really stops? Maybe only the form changes, just like ice turns into water and then into vapor. No one mourns an ice cube melting, right? (Except maybe in their soda.)

3. “I don't want to leave my loved ones behind.”

– This might be the hardest one. We attach ourselves to people, experiences, and things. But what if our bond with others isn't dependent on a physical body? (Spoiler: ACIM suggests this is also an illusion, but we'll get to that later.)

At its core, our fear of death comes from our identification with the body. We think we are this body, and if it stops, then so do we.

But what if that's not true?

How Can We Prepare?

Imagine you're about to go on a journey. Not just any trip, but a permanent journey to an unknown destination. What would you do? You'd probably prepare, gather some information, pack a bag (even if you're not sure what you'll need), and say goodbye to loved ones.

Well, death is essentially that kind of journey. But unlike a regular trip, you don't need a passport or luggage. The only thing you need is an open mind—and maybe a little curiosity.

So, how do we prepare?

1. Learn to let go.

– Everything we accumulate here—possessions, titles, achievements—stays behind. The sooner we practice letting go, the easier the transition will be. (Tip: Start with that drawer full of old phone chargers that no longer match any device.)

2. See death as a transition, not an ending.

– If you believe you are more than just your body, then death is simply a step into something else. (Like sleeping, but without the alarm clock.)

3. Make peace with yourself and others.

– The best preparation for death is living without regret. Say what you need to say, forgive where you can, and let go of unnecessary drama.

And now for the big question: Is death really the end?

From a scientific perspective, you might say yes—the body stops functioning, and that's it. But from spiritual and philosophical perspectives, the answer is more nuanced.

A Course in Miracles teaches that death is an illusion. What we truly are—spirit, consciousness, love—does not die. Only the form changes.

Here's a small analogy:

● If you turn off a television, does the broadcast stop?

No, the broadcast continues, but your device is no longer receiving it. Maybe death is the same: your body is the TV, but your consciousness continues “broadcasting” on another channel.

Many people with near-death experiences describe a sense of peace, love, and a timeless space where they feel completely at home. No fear, no regrets—just a deep awareness that everything is okay.

So maybe death isn't something to fear. Maybe it's more of a homecoming.

## Conclusion: Don't Worry, You Still 'Exist'

If we start seeing death as a transition rather than an ending, our perception of it changes. It no longer becomes something to fear, but simply something that happens—just like birth.

Maybe the best way to prepare for death is simply to fully live while we're here. Enjoy, laugh, forgive, and let go. And when the time comes to leave? We'll step into the next phase with the same curiosity we had when we first arrived in this world.

## Chapter 3: The Death of Another

(Or: How Do You Stay Whole When Someone Leaves?)

The death of another often affects us more deeply than our own mortality. When we lose a loved one, it can feel as if a hole has been torn in our lives—an empty chair that will never be filled again, a voice we will never hear again. Grief can be overwhelming, and sometimes it feels as if we will never truly recover.

Yet A Course in Miracles teaches that loss is an illusion. That who we truly are cannot die and that love is never lost. But how do we reconcile that deep truth with the raw pain we feel when someone we love is gone?

In this chapter, we will look at grief, pain, and the unbreakable bond that will always connect us.

### Why Does Loss Hurt So Much?

When someone dies, it feels as if we have lost something irreplaceable. But what exactly do we lose?

- The physical connection – a hug, a hand on our shoulder, a familiar presence.
- The shared moments – conversations, jokes, the habits that were part of our daily lives.
- The future as we envisioned it – plans that will never come to pass, memories that will never be made.

Our pain comes from our love and connection. We feel the emptiness because there was someone who filled that space in our hearts. This doesn't mean we have lost love itself—only the form in which we experienced it.

A small example: imagine you've had coffee with a dear friend every morning for years. One day, your friend moves to another country. The routine is broken, and you miss the conversations and shared moments. But is the friendship gone? No. It still exists, just in a different form.

It is the same with death. The body disappears, but love does not.

Still, it doesn't always feel that way. We are so accustomed to experiencing love through physical presence that it takes time to recognize that love itself is not dependent on form.



Grief is not a straight path. It is more like a winding road, with moments of deep sorrow, sudden memories, and even occasional laughter through the tears.

Some people describe grief as unfolding in stages (denial, anger, sadness, acceptance), but in reality, we often move back and forth between emotions. And that is completely okay. Everyone grieves in their own way and in their own time.

How Can We Embrace Grief with Love?

1. Allow yourself to feel whatever you feel.

– Sadness, anger, relief, guilt—it's all valid. There is no "right" or "wrong" way to grieve.

2. Focus on memories, not emptiness.

– Instead of dwelling on what is no longer here, we can remember what remains: the love, the experiences, the lessons they left behind.

3. Talk, write, share.

– Some people find comfort in talking to others, others in writing. Sharing your feelings can help you realize you are not alone.

4. Be kind to yourself.

– Grief takes energy. Sometimes you need silence, sometimes distraction. Give yourself permission to grieve in a way that feels right for you.

There is no deadline for grief. It is a process of love, and love has no end.

A Course in Miracles teaches that nothing real can be lost. What is truly real—love, spirit, connection—remains eternal.

But how do we feel that when someone is no longer physically present?

•By remembering the love. Every time you think of them with love, you are connected. Love does not die; it only changes form.

•By listening in silence. Many people experience subtle signs after the passing of a loved one: a dream, a song playing at just the right moment, an unexplainable sense of presence. Maybe these are not coincidences but another way of communicating.

•By living in love. When we honor the life of a loved one by continuing to share the love they gave us, they are never truly gone.

A woman who lost her grandmother was deeply heartbroken. One day, as she thought of her, she heard her grandmother's voice in her mind:

"My dear, I am not in the ground—I am in your laughter, in the way you make coffee, in the kindness you show others. I am not gone. I am with you, always."

Sometimes, it is as simple as that.

## Chapter 4: Breaking the Taboo

(Or: Why Do We Whisper About Something Everyone Experiences?)

Death. We all know it's coming—for ourselves, for those around us. And yet, we act as if it's an unspeakable topic. In many conversations, you can talk about taxes, politics, even the outrageous price of coffee at the airport—but say, "Let's talk about death," and you'll see people awkwardly grab their drinks or glance at their phones.

Why is that? Why do we talk so little about something so universal? And more importantly—how can we change that?

A baby is born, and everyone rejoices. We send cards, gifts, and can't stop talking about this new life.

But when someone dies? Suddenly, we find it best not to talk about it too much.

Death in our culture is surrounded by discomfort. We don't know what to say to someone who is grieving, so we say nothing. We avoid the topic, as if mentioning it might "invite" it into our lives. (Spoiler: that's not how it works.)

But why is it such a taboo?

1. We have no control.

– And let's be honest, we don't like that. We plan vacations, insurance, even what we'll eat tomorrow—but death? That doesn't fit neatly into a schedule, and that's unsettling.

2. We don't want to feel.

– Death reminds us of our vulnerability and the loss of others. And emotions like sadness and grief aren't exactly "fun" conversation topics.

3. We're just not used to it.

– In many traditional cultures, death was openly discussed and even celebrated. Today, hospitals and funerals are handled as efficiently and discreetly as possible. We keep death at a distance, as if pretending it doesn't exist will make it go away.

If we stop seeing death as an enemy but rather as an inevitable part of life, everything changes.

Here are a few ways to shift our perspective:

1. Talk about it.

– Not just when someone is dying, but on an ordinary day. Ask yourself and others: How do you view death? What would you want people to say about you when you're gone?

2. Make death less heavy.

– Yes, it is a serious topic, but that doesn't mean we always have to discuss it with a heavy heart. Sometimes humor helps. Some people design their own tombstones with funny inscriptions like: "I told you I wasn't feeling well."

3. Think about your own farewell.

– What if you wrote down how you'd like your funeral to be? Not out of morbid curiosity, but to bring lightness to the subject. Do you want flowers or a party? A casket or a cardboard box with a pancake on top? Why not?

4. Realize that we don't need to 'defeat' death.

– Some people desperately try to stay young, as if that will help them avoid death. But aging is not a failure—it's a privilege. And death is not an enemy but the finish line of a beautiful journey.

Death is not an enemy. It is not a punishment, a taboo, or a topic that must be whispered about in the dark. It belongs to life just as much as birth, love, and breathing.

Maybe today, we can take a small step. Have an open conversation. Let go of one small fear. Or simply pause to consider that death is not the opposite of life—it is an inseparable part of it.

Because if we are not afraid to talk about death, maybe we will also be less afraid to truly live.

## Chapter 5: How to Talk to a Child About Death

(Or: How Do You Explain Something Invisible to Someone Who's Just Learning About the Visible?)

Children ask questions. A lot of questions.

About why the sky is blue, why birds don't fly backward, and yes, also about death.

For us adults, this can be uncomfortable. We want to protect them from sadness, but at the same time, we know they will one day face death. How can we talk to a child about something that even we struggle to understand? The answer is simple: honestly, gently, and without fear.

This chapter will help us talk to children about death in a loving way—without making it too heavy or mysterious.

When a Child Asks: "What is Death?"

(An example conversation with a young child, around 5 years old.)

Child: "What does 'death' mean?"

Parent: "Death means that the body stops working. Someone who dies doesn't breathe anymore, doesn't feel pain, and doesn't need to eat or sleep."

Child: "But where do they go?"

Parent: "People don't know for sure. Some believe you go to a beautiful place, others think you come back in a new body. But one thing we do know: love never disappears."

Child: "Can someone come back?"

Parent: "Not in the way we know them, but when we think of them, we can still feel their love. Just like when you remember a song in your head, even when the music isn't playing anymore."

How Do You Prepare a Child for Death?

Sometimes, we need to prepare a child for the death of a grandparent, a pet, or someone close. How do we do this without creating fear?

💛 Use simple words. Instead of saying, "Grandpa went to sleep," say, "Grandpa's body was very tired and stopped working." Otherwise, children might become afraid to sleep themselves.

💛 Allow emotions to be expressed. Let children share their feelings without correcting them. They might feel angry, sad, or not understand. That's okay.

💛 Involve them in memories. Let them draw a picture, tell a story, or light a candle. This helps them understand that someone isn't really "gone."

What If a Child Asks: "Will I Die Too?"

(An example conversation with an older child, around 8 years old.)

Child: "Mom, will I die too?"

Parent: "Yes, but not for a very long time. People usually live many, many years."

Child: "But what if I die earlier?"

Parent: "Then it's like a book ending earlier than expected. But the story always remains because it's written in our hearts."

Child: "That's scary."

Parent: "I understand. But you know, death is a bit like falling asleep. You go to a place we don't completely understand, but it's not scary. And the people who love you will always remember you."

Talking to a child about death requires gentleness and honesty. Children do not need to be shielded from the truth, but they can learn that death is not a dark shadow but a natural part of life.

And maybe that is the biggest lesson we, as adults, can also learn.

## Chapter 6: Death as a Friend

(Or: How a New Perspective on Death Can Enrich Our Lives.)

Death is not an enemy. It is not a grim figure lurking around the corner. It is the gentle reminder that every moment is precious.

By seeing death not as something terrible but as part of a greater whole, we can live differently. More freely, more lovingly, and without the fear that holds us back.

What Do We Take Away from This Booklet?

- ♥ Death is not the end but a change in form.
- ♥ Love does not disappear with death.
- ♥ By allowing death into our awareness, we live more consciously.
- ♥ Talking about death can be healing.

Maybe death is not something we need to fight or ignore. Maybe it is simply a whisper, reminding us how precious life is. And maybe, when the time comes, we can even greet it as a friend.

Final Words:

This booklet is an invitation. An invitation to look at death differently, to talk about it openly, and to embrace it as part of life.

Because if we no longer fear death, then maybe, just maybe, we can finally fully live. ♥