

**DEATH IS NOT
"THE END"**



**DEATH IS
"LIBERATION"**

by
AiR

**DEATH IS NOT
"THE END"**

**DEATH IS
"LIBERATION"**

by
AiR

Copyright © AiR Foundation 2018

AiR asserts the moral right to be identified as the author of this book.

All rights reserved.

No part of the content (of this publication except images) may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the publisher.

Printed in India by **Navya Graphics**, Bangalore.

CONTENTS

1	I Will Never Die. Death is not “The End”	2
2	Who am I – Body, Mind or Soul?	14
3	Not This, Not This... I am That!	28
4	Methods of Realization	37
5	ME or HE – Who are We?	53
6	No Karmas, No Rebirth, No Suffering!	59
7	Death is Liberation	65
8	After Death, What?	75
	Afterword	84
	About AiR (The Author)	89

*Life may be Painful,
but Death is not.*

*In fact,
it Liberates us
from Pain!*

PREFACE

This book is the second book of the “Death” series that I started to write. The first book already published is titled – “I Will Never Die. Death is not 'The End'”. Initially, the book on Death was not divided into two books and was titled – “The Death of Death. Demystifying Death and all the Myth that Goes with it”.

As I was writing the book, I thought that it may be difficult for readers to digest the meaning of “Death” and thus, it is now being published as two separate books. The first book, “I Will Never Die. Death is not 'The End'”, is summarized here as Chapter 1. It covers a simple truth that the body dies, but I will never die.... I pass on. Death is not “The End”; there is something beyond.

The first book is easy for anybody to understand as they see Death happen in front of their eyes. The second book is not for everyone. It is for the seeker of truth. It is for one who wants to go deeper to really understand what happens after death. It is for one who is ready to believe through inference. Not everybody would be able to understand the second book on death.

However, this is the truth: At Death, one of two things happen. If we live as the mind and Ego, we are reborn. If we overcome the ignorance and realize that we are the divine energy, then Death is Liberation. It is union with God. This book will lead seekers to realize who they truly are and to overcome the ignorance about death, which the world lives with. This book will lead a seeker to God.

In the first book, "I will never Die", it was clearly understood that we are not the body that we seem to be. We are ME - the Mind and Ego. When death happens, the body dies and the mind flies as the life energy departs. When we analyse death, we realize that we are not the body that dies. We are the mind that is reborn based on its karmas or past actions.

In the second book, we realize something more profound. Sure, we are not the body. The body dies and lies in front of us as dead inert matter. We are not even the mind. It doesn't exist. Many would be confused as the first book said that we are not the body that dies, but we are the mind that passes on at death. But the second book now says, "We are not the body; we are not even the mind". How is this possible?

Suppose you are searching for an office and you ask

somebody where it is. They tell you it is on the first floor. So you climb up to the first floor and you ask somebody there where the office is. They tell you, it is not on this floor, but on the floor above. You are confused. Somebody just said it was on the first floor above, but now you tell me I have to go further still. Yes, you don't realize you were in the basement and you were looking for the first floor. But you have only climbed to floor 0, the ground floor from level -1. If you want to get to the office, then you have to climb one more floor.

Realizing the truth about life and death is evolving from one level to another. First, you evolve from being the body to being the mind. Then, you evolve to the truth beyond that.

If you are a seeker who wants Self-Realization and God-Realization, then this book is a bridge to your goal. Read on! You may need to read it several times and you may also need to meditate, contemplate, introspect and pray as you read. If your goal is to realize God, and if that's what you believe, you will achieve.

***Those who fear Death
don't understand it!***

What is Death?

When Life Energy Departs,

Body Dies



Mind Flies



1

**I WILL NEVER DIE.
DEATH IS NOT
"THE END"**

Death is certain. But what is Death? Of course, the physical body will die. Nobody who is alive can escape death. But we know that the one who was alive has passed away, moved on.

While death may seem to be "The End", we know that it is not – it is a bend to transcend from one form to another. Nobody in the world can deny death. It is an accepted reality. But people understand death differently as per their own beliefs, customs and traditions.

In fact, death is a mystery to most people. People know that death is a loss of all that is known and what lies beyond death is unknown. It is considered to be something that is sad, regretful and we mourn the death of the diseased. People live with fear of death. Doctors describe death anxiety as "Thanatophobia". Although it may not be commonly discussed, the fear of death greatly troubles people. Naturally so, because in that moment of death, everything that belongs to us is lost. Everyone dear to us is left behind as we move on after death.

But what is death in reality? It is the cessation of all body functions when the life energy inside us departs. The physical body that was alive is identical to the dead body. Except that it is dead. There is no breath. At death, the

body stops functioning. It is not like sleep where a person's body is sleeping, but all vital functions continue. It is not like a sickness where the person is still "Alive". In such a case, the person may recover and be able to walk and talk again. Death seems to be something final. It seems to be the completion of life on Earth.

Who dies? Suppose Robert was alive till yesterday, but today he died - we no more call the mortal remains as Robert, but the "dead body of Robert". Although Robert lies in front of us, we consider that he is no more here and we are told to pray for the one who has departed. We know that Robert is not here. He has passed away. Death has occurred.

What causes death, why and when it happens is an unsolved mystery of humanity. Both birth and death seem to be controlled by a Power, the Creator of life, and this is beyond human comprehension.

Robert is not the mortal remains that lie before us. He never was. He was the one who was alive in this body. At death, he has gone and moved on somewhere, leaving the body behind.

We realize that when the life energy in us departs and

there is no breath – death has occurred. It has led to the stopping of all vital functions of the body and without life, the body starts to decay.

If we analyse death, what do we see? The person who was alive doesn't die. Only the body dies. The person escapes at death and moves on to an unknown destination. Each one of us starts our life journey at birth and ends it at death. Each life seems to be a chapter of a book. After one chapter, there is another chapter and still another chapter. Death is just a completion of life, not "The End". The only difference is that the book of life never ends.

Death must be further analysed so that all confusion about death is removed. Nobody who is alive can escape death. But while Every Body dies, nobody dies. Only the body dies. The ones who adorn the body never die. They arrive into a body at birth and they depart at death. This is something we see with our eyes. Thus, there is no confusion about this.

What happens beyond death? Robert died. The dead body of Robert perishes. But the one who was Robert has not died, but has passed on. While Robert's body lies in front of us, he who was called Robert is reborn in a new body and with a new name, maybe as John based on his own

past actions or Karmas. Before being born as Robert, the same entity might have lived as David and then died.

We can see that when a body dies, the energy in that body – the one who drives the body, escapes at death. This is not surprising, because even science endorses that energy can neither be created nor destroyed, but can only be transformed from one form to another. This energy continues to live in a new form with a new name, based on the Law of Karma – the Law of Action and Reaction. Each of us will reap what we sow, either positive rewards or negative consequences in the life beyond death based on our own actions.

While there is proof of birth and death, people believe in rebirth due to many factors. Just like the sunrise and sunset are not two separate phenomena, but rather two parts of one natural phenomenon, it also seems that birth and death are two parts of a life journey. A mind that escapes at death is the subtle part of the body. It is not visible. It carries the memory, the intellect and the ego with it. Many instances of young children remembering their past life are proof of rebirth. In these cases, children who are barely able to read or write remember details of their past life. This has been accurately verified in several cases around the world.

Further still, if we introspect about how a young child of 4 is able to play the piano like an expert, how a little pup that falls into the water swims to safety, how little swans are able to swim and little birds are able to fly, we consider these to be instincts. But we don't realize that the instincts are nothing but memories that are reborn.

Many people ask for proof of rebirth. But everything in this world cannot be proved. Some things are understood and accepted through inference. If I take your mobile phone and ask you to prove it is yours, you can easily do so through your fingerprint or password. But if I take a book and throw it up, it doesn't fly into the sky, but falls back onto the Earth. There is no proof that the Law of Gravity exists and causes this to happen, but it is through inference that we understand and accept the Law of Gravity.

Philosophically, it is also believed that we are born, some in fortunate and some in unfortunate circumstances because of our own karmas and not because of chance or luck. Those who live well will be born to enjoy a happy life, just as those who don't will suffer in their next life. The Law of Karma is reformative, not punitive. It helps people evolve life after life.

The Law of Karma endorses that death is not the end. After

we die, we are reborn again and again. The law states that we create a corpus of karma, which is cumulative of all our past actions during all our past lives. At the end of life, whatever karmas we have created in this life gets added to the corpus. Thereafter, based on the available corpus, our next life happens.

This can be easily understood with the analogy of us driving a car on the road. The road is already paved. We cannot change it. This is like our past karmas. But we are the driver of the car. We can choose to drive the car the way we like with our own free will. This creates our present karmas. Finally, our present karmas and our past karmas will decide our future life. Our "today" is the consequence of our "yesterday", just as our "tomorrow" will be the consequence of "today".

Death is inevitable. Nobody can escape death. It is beyond human understanding. We don't know when we will die and how we will die. But we will all die one day. Rather, the body that we all wear will die, but we will never die. We will transcend from one body to another based on our karmas. The one who dies leaves one body, only to be reborn in another.

While death of the body is certain, the Law of Karma and

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

