

# Journaling a pathway to the innate wisdom of you



## Session 10: Shedding a New Light on Death

A journey beyond belief

How did you feel emotionally before, during and after your practice?

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Were you able to allow thoughts, memories and emotions to pass by without giving them your attention? If so, how did that feel for you?

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If you can remember back to your first practice, do you feel different after this practice? If so, in what way?

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A space for reflections beyond words



# What will you decide?



At the moment of death many people hold on tight to hope. Hopeful that their devotion to faith will bring them the peace and love they long for or that someone will save them, protect them, and care for them for eternity. Some hope to reincarnate, accepting that they have more to learn from human lifetimes. Some believe they will reach enlightenment and become one with all. Some believe they will cease to exist. These diverse beliefs reflect humanity’s quest to understand death and what may lie ahead.

The uncertainty of death and the possibility of an afterlife have left us grasping at hope. The purpose of this program is to shed a new light on death and illuminate your individual process so that ultimately you can decide what you will create for your life, and beyond!

Hope is a desired exception – a belief in a better future. Whether it is a religious belief, a spiritual belief, an agnostic belief, or a non-belief, hope seems to be the underlying foundation of the belief in death.

Do you have a particular hope of what will happen to you after your final transition from this body? If you do, how will you change that into a decision that you make standing in your power (the innate wisdom of you!) to create the life and death you desire?

## Things to ponder as you are exploring . . .

- Who is your god? Where did this being come from? And why do you trust that this being has your best interest at heart?
- Who wrote all of the religious texts? (bible, torah, quaran, triptaka, gita, vedas) and why do so many believe that these texts provide definitive answers about life and death? Why trust the ones who wrote them?
- If reincarnation is an option, why would someone agree to forget the lessons they had learned from previous incarnations?
- If you believe at the time of death that you cease to exist, why do you exist here and now?
- If becoming one with all is the goal, what or with whom are you becoming one with? If others have a different belief, are they excluded from the club of one?



# What will you decide?



**Is belief a form of consent, allowing another to make decisions for you based on your agreement to believe in their power over you?** (read this one slowly 😊)

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**Do you believe someone will come to meet you after you die –to help guide your next steps? If so, who?**

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**If someone is to meet you (whether you know who it is or not), how do you know you can trust that the person or being you are expecting is who they say they are?**

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**If deception exists here in this 3 dimensional reality, could there possibly be deception after death, while you are in an energetic form?**

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**If the being who meets you at your time of death were to be offended that you decided to go your own way, or tried to prevent you from doing so, what would you do?**

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**Things to ponder as you are exploring . . .**

The practice of discernment is not only for our 5 sense physical reality, it is also used to recognize unseen forces so that you are able to identify their presence, influence, and activity in your life.

Listening to the voices in your head is a great place to start. Ask yourself – Are these voices mine? Are these thoughts mine? Are these my emotions?  
Listen for the answers and practice discernment, with patient observation.

# What will you decide?



Belief is the foundation of hope  
Fear is the shadow of belief  
Faith is belief that you have convinced yourself to accept

It is believed by many that faith is the basis of hope beyond death. A faith that someone or something else has a plan for you, whether you are aware of it or not. Is your hope preventing you from deciding what you truly want to create for your life and beyond? If so, how?

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What do you truly want to do after you die?

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What will you decide to do after your final transition from this body?

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What will you do now, in this life, to practice discernment so that ultimately you can decide your own fate in life and beyond? ~If you truly want to decide your own fate, that is~

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