

# Death: A Life Beyond

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THIS SIDE ON EARTH WE MOURN IT sadly; it is celebrated and greeted joyously the other side (as birth in astral world)

Earth is a grooming ground for uniting back with eternity.

“Who are we?” is a recurring question. What is our aim in this world, what is earth, from where have we all come? Where have we to go? The most befitting answers to all these questions are strewn across Guru Granth Sahib. Our stay on earth, according to *Guru-Vani*, is an important halt on our journey to eternity. Man may live to be a centurian, yet the day will come when he has to depart leaving behind his worldly possessions, friends and relatives, kith and kin, near and dear ones. Leaving the body is called death. What happens at the time of death?

We have more than one body, our physical body and the other is astral body. Astral body is like the cloth we are wearing, which can be shed any time, which is equivalent to the soul or light or *chetna* or cosmic energy. Once this extra layer of cloth goes off to merge with God, the physical body remains here without soul, light or cosmic energy, what we call mortal remains. This process is called death.

Question arises, who dies? What dies is physical body, what remains out of the clutches of death is soul. Thus the man does not die, he transforms.

We are here in physical world (earth) to make ourselves free from material world, when we have done so, soul enters into spiritual life. Supreme and ultimate urge of all life on earth is to approach the absolute Perfection and Divine happiness.

If our ultimate goal is to merge with supreme light and eternity, then why we crave or cling to physical pleasure, materialistic things and keep our conscious attached with worldly things putting hindrances in the way of our souls to get itself free.

At the time of death (which is fixed by supreme power) soul separates it from the body (physical body), still a contact is maintained with the body through a cord and when this contact breaks the soul gets placed in the astral world. This contact may break immediately after death occurs, or strong contact may take more time to break. This depends upon the attachments held by departing souls with the world and the unfulfilled desires left to be fulfilled. The more Intense the attachments and desires, the harder it is for the soul force to detach. Process of death will be easier for those who understand death.

*Je kar sahib manoh na visre ta sahila marna hoe.* (SGGS, Page 555, line 5)

(If I do not forget the Lord Master from my mind, then my death will be easy to bear.)

Soul's in-built desire is to merge with the eternity that is upward and skyward, but the desires and attachments make it flow downward or earthward. Those who are *Gurmukh* - Guru oriented - and enlightened keep themselves detached, but *Manmukh* tends to look earthward, and they trap themselves in the web of life and death (i.e. reincarnation ), which is a painful process.

*Teh janam na marna aana jana bahur na paiye juniye.*

(SGGS Page 783, line 14)

There is no birth or death there, no coming or going, and no entering into the womb of reincarnation again.

Astral world is a world full of happiness, bliss, beauty and life, it is a world where no pain is felt, no enmity seen, no competition, no supremacy, all have equal chance.

*Tithe ungh na bhukh hai hari amrit naam sukh vaas  
Nanak dukh sukh vya pat nahi jithe aatam ram pragas*

(SGGS Page 1414, line 10-11)

(No one sleeps or is hungry there; they dwell in the peace of the Ambrosial Name of the Lord. O Nanak, pain and pleasure do not afflict anyone, where the Light of the Lord, the Supreme Soul, illuminates.)

Much can be made out of life by establishing a link with our beloved lord, accepting the reality and taking happiness or sorrow as his blessing and *prasad* and always thinking that whatever happens, happens for our good. God's clock is never slow or fast. Everything comes in its pre fixed true time, being helpful and blessing to others as God has given us abundance and true wealth.

Where we get place in the astral world depends upon the weight(desires) we have carried in physical world; the heavier we are, the lower the place we get, lighter we are (detached) the higher we go.

*Kabuh jjada ubhi chadat haik, kabhu jaye paiyale  
Lobhi jjada thir na rahat hai chare kunda bhale.*

(SGGS Page 876, line 6-7)

Sometimes, the soul soars high in the heavens, and sometimes it falls to the depths of the nether regions. The greedy soul does not remain stable; it searches in the four directions.

Soul vibrates with body *chakras*, the speed with which they move in appropriate direction, decides the buoyancy of soul, again speed of the *chakras* depends upon the purity of *karmas*. Purer the *karmas* the more the speed, and when more is the speed the more buoyant is the soul, higher the place it occupies in astral world (who would not like to refine himself to occupy the higher place in the astral world) Astral world is, again, a transit place and an important phase, to ultimately reach eternity, the house of God, above astral world.

The astral world is a place to fulfill the desires, still left unfulfilled. Lesser the desires shorter the stay in astral world. The one who controls his/her desires while on earth, does not stay long in astral world.

Those who have desire to merge with eternity while on earth, and are communicating regularly with the supreme, understand and listen to the whispers from eternity, find it easier to merge with it, with shorter stay in the astral world.

So supreme aim is to identify yourself, the study of self and detach oneself while performing the worldly duties with full dedications, control the desires, offer yourself to God as body and soul belong to God.

*Tudh aage ardas humari jio pind sab tera  
Kahu Nanak sab teri vadiai koi naao na jane mera*

(SGGS, Page 383, line 11-12)

I offer my prayer to You; my body and soul are all Yours. Says Nanak this is all Your greatness; no one even knows my name.

*Pind pave jio chalsi je jaane koi*

(SGGS, Page 418, line 9)

The body shall fall, and the soul shall depart; if only they knew this!

Upon reaching astral world, and after positioning there, purification of soul takes place. It is a mental state (or consciousness) of soul, where all the other souls with similar consciousness unite together and shed their karmic residue, and finally, after purification, they are lead by higher conscious souls to the higher level of consciousness.

Hell and heaven, as we call on earth, are states of soul consciousness in astral world.

Hell is equivalent to a state of passing through purification and processing laboratory, and heaven is a place where souls fulfill the desires of pure and higher nature, it is a place of performing creative activities, realising the dream in true and real sense.

Why the so called hell is like hell because when the similar souls unite in astral world, where nothing is secret and hidden (unlike physical world where the sins are not committed openly) the souls repent and get stirred in the presence of other souls, and thus the purification is complete. Opening of sins, in the presence of all other souls, is a hellish feeling, the soul undergoes. The hell is nothing beyond this.

After going through the purification process and fulfillment of desires of higher nature, soul again starts rising and after repositioning it in astral world it goes in deep sleep and awakes in a new world, i.e. world of God, or eternity (the soul's ultimate abode).

*Teh janam na maran na aavan jana nihchal sarni paiye*

(SGGS, Page 803 line 5)

There is no birth or death there, no coming or going in reincarnation, when you enter the Sanctuary of the Eternal Lord.

Thus, the earth is a place of halt for the long journey to eternity and worldly death is nothing but a birth th in another world.

We see what a birth in the physical world is (taken in high spirit, boons are distributed, event is celebrated ) and what death is (full of sorrow, taken in low spirit, 'kitchens go without fire for days' at some places, i.e. the soul is starved.)

Let us celebrate every birth as an opportunity, and not mourn death, since we complete one phase of journey - nearer God.



## References

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