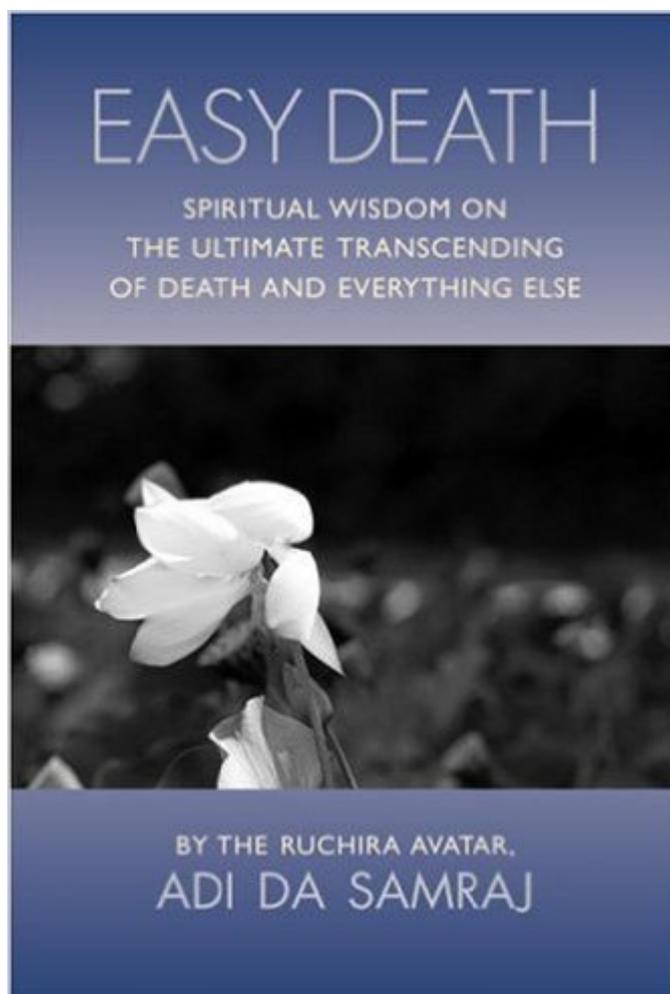


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# Easy Death



## Synopsis

Whether you are approaching your own death, facing the death of a loved-one, or are simply in need of understanding the purpose of this brief and mortal life, you will find in the pages of Easy Death a most extraordinary and unique help-real help, not mere consolation or impermanent philosophy, given in the wisdom, and in the human form, of Avatar Adi Da Samraj. For Adi Da Samraj was born in and as and from the "Bright" reality in which there is neither birth nor death, and his entire lifetime has been spent unlocking that ultimate condition from limited views of the ego, in order to offer a way for anyone to realize it directly. His human body has endured and "seen" the entire death process and all the after-death states and has entered into what IS, beyond all of that. There is, therefore, no greater authority on matters of death and ultimate transcendence. How can I prepare for death? An excerpt from "The Truth About Death" in Easy Death : You should prepare for death as a process of complete surrender and release of all physical, emotional, and mental clinging to the present body-mind, its relations, and this world. Your death should be a complete release of this present "school" and a complete relinquishment of the present design and content of your conditional self. You should fully consent to die at the moment of death, and so be released toward what is new and awaiting you (above and beyond the "realities" of the present body-mind). Your ability to do this will be either enhanced or limited to the same degree that you are able to surrender while alive in the Divine Love-Bliss-Consciousness That Is Real God. Therefore, in order for death to be an ecstatic transition for you, you must not only study and prepare for the specific and terminal process of death itself, but (while alive) you must also devote yourself to an ecstatic (or ego-transcending) way of life. -- Avatar Adi Da Samraj The new Third Edition of Easy Death has been thoroughly revised and updated, and includes: --New Talks and Essays from Avatar Adi Da Samraj on death and ultimate transcendence --Practical Instruction on how to prepare for death, how to help a loved one die, how to assist the death of an animal, and more --Stories of Avatar Adi Da's Spiritual Help in the death transitions of His devotees and their loved ones --Revelation of specific details of what actually occurs in the psycho-physical being during death and after death-based on Avatar Adi Da's direct participation in the death process, unhindered by philosophy or any traditional religious point of view --Why Spiritual practice is the "solution" to death, and what is required to Realize the Ultimate Deathless Condition; the distinction between ego-death and physical death --Details about reincarnation and how it actually works; how the mind affects what occurs in the death process; how bardos (after-death states) are related to mind --The Truth about the "light" and the "tunnel" of popular wisdom on death --How death relates to the real spiritual process of divine enlightenment; how to relate to the divine in the death process, and in life Avatar

Adi Da's ultimate offering of the relationship to him as means to realize the deathless condition

## Book Information

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## Customer Reviews

As a longtime hospice worker I've made a habit of reading everything I can find about death and dying. The psychologically-oriented books on bereavement and mourning are interesting and even helpful, but most of them presume that death is just annihilation. The religiously oriented books are more hopeful but, to put it bluntly, most of them are filled with nonsensical dogma. I know for a fact that death isn't annihilation because even after people die you can feel their spirit in the room. In little, out-of-the-way spiritual bookstores I've found several small, pretty marginal books that acknowledge this fact and attempt to describe what happens to a person AFTER they die. But none of them really speak with the authority of the two best books on the entire subject of death and dying, Sogyal Rinpoche's *The Tibetan Book of Living and Dying* and Adi Da Samraj's *Easy Death*. The good Rinpoche's book is very good indeed and I got a lot of out of it. But Adi Da Samraj's book is of another order entirely. Adi Da is an American spiritual master who literally accompanies his own devotees through the death process (the book contains some amazing stories about this). Most importantly, he addresses every important aspect of the death and dying in a language that we ordinary mortals can understand, offering us clear, absolutely usable advice that I've never seen anywhere else. You really can and should know what happens after death, and this book will tell you. I've been employing Adi Da Samraj's wisdom in my hospice work for a few years now and it's just totally changed the outcome for those who have died right in front of me--as well as for their families, and even for me. It turns out that what you need to know about death is exactly what you

should know about life as well. I don't know who this man is or where he came from but they ought to give him a medal for this book.

I was given this book by a friend...because my job as a veterinary nurse for 15 years has been getting me down...so many euthanasias/deaths of beloved four-footed friends! I'm a grief counselor, and needed a better understanding of death in order to help people cope with the loss of their companion animals. I read the book in two days, and it has taken me to a new dimension! The author has taken into account everything I have ever read or experienced about death itself...human and animal...yet his understanding of this inevitable transition is so new that it seems almost to come from a different point of view from everything that has gone before.....may everyone read this book!

It has always seemed obvious to me that at some point in my life I will die, and everyone I know or have known will die too. Because of this one certainty in everyone's life, you would think there would be plenty of books on the subject of death, but there's barely a handful. The few credible books I've come across, "The Tibetan Book of the Dead", which is a great book but written in a style and language best suited to Tibetans, and an unusual book "The Transition Called Death", by Charles Hampton (published in 1943) which explores, among other things, many of the physical changes the body/soul goes through in its transition out of this world. To my surprise, it wasn't until I came across Easy Death that I found a book that spoke directly to me in a language I could understand, and with an amazing clarity and knowledge of what happens during and after the death process. The book covers many familiar areas, such as reincarnation, what to do and what not to do while caring for someone who is in the process of dying, how to deal with grief and mourning, what to expect in your own process, and many areas not normally covered, such as the bliss of oneness, being fearless, and dying with great faith in your heart. It was the many areas not usually covered that opened my mind to a better understanding of the fullness of death. There's an endorsement on the back by Elizabeth Kubler-Ross who said this book was a masterpiece. She's right. Different from anything you've ever read before.

If you still prefer new age fairy tales, go snuggle up to The Five People You Meet in Heaven (and bring your teddy bear too). But if you're beyond pacifiers and ungrounded consolation; if you've learned (probably like me, the hard way) that life (and death) are not as simple and straightforward as the wish fulfillment of a five year old would make them out to be; if you're an adult (like it or not), getting older every day and looking for the real scoop on life and death: read this book.

I always considered the "Tibetan Book of the Dead" as the definitive treatment of this weighty topic, with a nod to "The Tibetan Book of Living and Dying". But after reading Adi Da's "Easy Death" book, which is written in plain English but is certainly not superficial, I have found no other writings on death and dying that come remotely close. Adi Da clearly understands what he is talking about, spiritually as well as humanly. The core of the book addresses preparing for and transcending one's own death process. But what especially stood out for me is his discussion of serving your loved ones through their death process. He even includes a wonderful section on serving your pets and other non-humans through theirs. And after reading the book I was amazed by its wisdom not only to relative to death and dying but to living as well.

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