



Easy Death

Adi Da Samraj

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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

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Kirk Fonseca:

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