

MEDITATION IN PREPARATION FOR DEATH

You have to die physically one day and you don't want to hang in as a ghost. Majority of you spiritual people hang in as ghosts. As a teacher if you goof, your next life is a cockroach.

Procedure of How to die:

Before you die, you will become aware of what is happening -- sometimes you get 30 seconds, and sometimes you get up to 3 minutes. But you will at least get thirty seconds -- no matter how helpless you may look.

The moment you know your time has come, you'll start seeing the panorama show, at the 3rd eye point. Immediately look at your chin to clarify your mind, right in a second. Follow the following steps:

- a. Concentrate on your chin for a second or two or three. You'll still have at least 27 seconds.
- b. Secondly concentrate at the tip of the nose, to pull yourself up, elevate yourself.
- c. Third, concentrate at the 3rd eye point, where you will clearly see how rotten you are and how right you are -- it doesn't matter. And then ask in prayer, to go straight out. In the panorama you shall get three seconds to see all your -- how right you were, how wrong you were. Good and bad, all the balance will be before you, in three seconds. How selfish you are, how attached you are. The whole panorama -- then after that is the exit.
- d. Fourth, then concentrate at the top of the head, the crown center, 10th gate, and you'll be gone. That soft point when you were a baby, that's the exit gate.

SUMMARY OF POINTS TO FOCUS ON RIGHT BEFORE YOU DIE:

- 1. Point in the Center of the Chin.** Meditate here and you control all of your emotions. ALL emotions - good, bad, right, wrong. Focusing here clarifies your mind. Look here for 2-3 seconds.
- 2. Tip of the nose.** Meditate here and you will elevate yourself to such heights that you can't even measure.
- 3. Third eye point.** Meditate here and you'll start seeing things clearly. You'll see the "panorama show". At the time of death, that's where you're going to see everything -- how crazy you were, how much of a creep you were, etc.
- 4. The tenth gate -- the exit point.** This is the crown center, the soft spot when you were a baby. Concentrate here, and your exit will be clear -- no karma. You'll be out, straight, gone finished.

**Practice meditating at these points in this order.
You have to practice.**