

## **Dying Process**

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(Revised: 10. October 2012 by Nicola Neumann-Mangoldt)

**(NOTE: Possibility Management is open code thoughtware. The copyleft notice states this material cannot be copyrighted. The use limit is to assure that if an unqualified person tries to deliver this initiation and runs into problems, they alone are responsible. This is a powerful initiatory process that tends to catalyze expansion in personal consciousness. It needs to be delivered within a specifically held context by a person with a specific skill level, quality of consciousness, and intention.)**

### **FORMAT:**

This is a loud three hour group process in 7 Stages, ending with a writing process and holdings. This is best done in the evening. It can be done with any number of people, 15-30 is optimum. Each person needs space on the floor and a pillow. If the carpet is not soft enough, each person needs a mat or blanket to lie on. The room is scattered throughout with many boxes of tissues, puke buckets, and red hand towels for use during the process. People should drink a glass of water and use the toilet before beginning. Loose jewelry, watches, and hair clips should be removed.

There are two rules: don't hurt yourself. Don't hurt anyone else.

### **PURPOSE:**

The thing we are most afraid of is the one thing we are assured of. Our own death. The purpose of this process is to personally experience the thing we are most frightened of consciously, in a safe, complete, and non-dramatic manner. The Dying Process changes your relationship to the worst thing that could possibly happen to you. You will thoroughly die. Then you can get on with things. You would decide and then say out loud: "today is a good day to die."

### **SETUP:**

After the introduction (below) have people arrange themselves lying down on their backs on a carpeted floor with enough room around them to move a bit without interfering in another person's experience. No mattresses or pillows are needed. Place plenty of trash cans, boxes of tissues, and red towels throughout the room. Light both the space candle and the sitting candle. Otherwise the room should be darkened. It is best to do this process in the evening. There should be one small lamp for the trainer to read by. Having one to three assistants slowly moving about making and vanishing large (80 cm) black holes throughout the process, and helping to take care of people's needs, makes a tremendously positive difference.

### **INTRO / BACKGROUND:**

It turns out that people who are afraid of dying are people who are not really living. Some way you are not living. It may seem like a paradox but you can live better after we have died. Sufi recognition. Die before you die. We will go through the entire experience of dying now, welcoming its mysteries to benefit us for the rest of our lives.

## **PROCEDURE:**

### **Introduction:**

While people are still sitting in their chairs, write down the left side of a flip chart paper a list of the participants' answers to your question: *What are the things you are most afraid of?* People will say things like: failing, having no money, being attacked, being grabbed in the dark, being rejected, being abandoned, claustrophobia, heights, etc.

After you have one page full, stop. Go back to the top, and track each item, slowly, one at a time, back to its original fear, which will always be the fear of death.

For example, if the surface fear is fear of making a mistake, this is fear of being ridiculed by others, which is fear of being rejected by the tribe, which is fear of death.

If the surface fear is fear of intimacy, this is fear of being seen and judged as we really are: fallible and imperfect, which is fear of being cast away, which again is fear of death. And so on. You will inescapably come to the conclusion that the thing we are most afraid of is dying.

Then read aloud the PURPOSE of this exercise. Then have people arrange themselves on the floor, making sure they have room to move around without accidentally hitting anyone.

### **General instructions:**

This is the dying process. You are about to experience the death you will have in **THIS** lifetime. This is not a thinking process. This is an experience. Do not give right answers – there are not answers. Instead go into a space and stay there. Let it be a little more intense than you can handle. Let it be a little more vivid than you can manage. Let yourself have the experience. Let the feelings take over. You will be making sounds, moving around, and saying words. Your voice is physical experience. Let this be beyond your mind. Let the sounds and words be louder than normal, tumbling out of your mouth before you know what you are going to say. Everyone speaks at once during the 7 stages of this exercise. Let your body move. Do not hurt yourself. Do not hurt anyone else. Does everyone agree? Anyone not agree?

### **Please note:**

Whenever I start speaking during this process, please quiet down a bit so that everyone can hear the instructions. This helps when we all can quiet down at the same time to listen. Each time let me finish speaking so all can hear, and then when I say, "Go!" let the feelings come.

### **Also note:**

Whenever I open up a space with a question, for example, if I ask, *What do you feel scared about?* and in that moment you don't feel scared about anything, please find your way to the fear. At the beginning you may need to make something up to be scared about but then the real fears will come. Just start saying the words, *I feel scared about...* and then say whatever comes. Each time I open up a door like this,

consciously and immediately put one foot through the door and the next steps will automatically follow. Let the feelings come from deep inside, from beyond understanding. They are big, so big. Don't think first. Speak first. This is a new skill. Don't try to understand.

## **1. WE NOW BEGIN STAGE 1 OF THE DYING PROCESS: ENCOUNTER YOUR OWN DEATH**

Please take a deep breath. There are many ways to die: suddenly, slowly, by accident, by disease, by your own hand, by someone else's hand.

- Take another deep breath. Relax. Close your eyes.
- Choose the way you die in THIS lifetime. I encourage you to choose the most frightening death for yourself that you can imagine for your present life to end. Let the pictures and thoughts come to you. There is nothing to decide. It may feel as if you are making it up. That is how it feels.
- Move into the physical posture in which you died.

**(Note: for each of the questions in this whole exercise allow about one minute of time between each question and encourage maximum expression of the feelings, sensations, movements and words. This whole process is about emptying the emotional garbage can, so be sure that you often make 1 meter diameter Black Holes throughout the space to suck down all the energy and keep the space clean so more can come through people.)**

- Say out loud where and how you died. Day time? Night time? Inside? Outside? Alone? With others? If you died by suicide, say where and how you did it. Say what you wrote on the suicide note. Go.
- Say how you arranged to have this kind of death. For example, you drank too much, you signed up with the military, you did not pay attention, you did not communicate with others about your feelings, so you got cancer or diseases, you moved to close to a nuclear power plant, you pissed off the mafia, etc. Go.

**(Note: Some people are more aggressive, violent actors. Make sure they have enough padding. Don't hit them. Don't talk to their mind. Put it under them.)**

- Why did you choose to die this way? Say it out loud. Thinking answers will not help you now. It is too late to try to look good anymore. Go.
- What did you get out of it? What Gremlin joy comes up for you about the way you died? Go.
- Have the experience of your death now. The moment of death does not take so long. How was it for you to die this way? The pain, the confusion. Keep going. The feelings, the nothingness. Let it get bigger. Let the sounds out. Let your feelings lead. Let it get even bigger. Go.

**(NOTE: Please trust your feelings. Stop trying to keep your act together. Stop trying to be reasonable. This is your death. Nothing is reasonable in death. It**

**cannot make sense from a worldly perspective. Life all falls apart. Stop trying to control your feelings. It is too late for that! This process is about unloading your baggage. This is your chance to clean up whatever is hanging on you and sucking energy from you about life! This is your moment of death. Let it be all the way big.)**

- While you are dying, what do you feel scared about yourself? ...others? ...God? Say the words, "I feel scared about..." Go.
- While you are dying, what do you feel angry about yourself? ...others? ...God? Say the words, "I feel angry about..." Go.
- While you are dying, what do you feel sad about yourself? ...others? ...God? Say the words, "I feel sad about..." Go.

## **2. WE NOW BEGIN STAGE 2 OF THE DYING PROCESS: REVIEW YOUR LIFE**

You have just died. That is it. Now you are dead. Take a deep breath. Be with the experience of being dead. While you are looking back on your life:

- What do you regret about what happened or did not happen? Say it out loud. Let the feelings come. Say "I regret that..." Go.
- What do you wish you would have done differently? Say it with feelings. Say "I wish that I would have..." Go.
- What do you wish other people – your boss, partner, children, parents, presidents - would have done differently with you? Let the sounds out. Say "I wish that they would have..." Go.
- What was not complete about your life? What was not finished? What was left undone or in a mess? Say it out loud. Go.
- What will you miss about your life? What didn't you enjoy enough of? Let the feelings get bigger. Go.
- What are the things that were a pain in the ass that you glad to be rid of from your life? The pains, the problems, conflicts, circumstances, people, conditions. Let it be known. Let it out. Let it go. Go.
- Take a deep breath. Let all the baggage drift away as if your life were all a dream that floats down a river into the past. Like a film script, a roman, a film, the play, the scenario from the moment you were conceived till the moment of death. Have no judgements. You learned what you learned. You gave what you gave. Let it be that way. The burden is absolutely gone. Then let the stillness come.

### **3. WE NOW BEGIN STAGE 3 OF THE DYING PROCESS: COMPLETE YOUR UNFINISHED BUSINESS**

Take a wide view of your life. Let things come to you from beyond your current memory and understanding. From outside of the story scan the whole, that may not have been all of them but it is a good start. In your life:

- Who did you need to apologize to, even for little things? While you have this chance, go to them and apologize now. Click your fingers. See their face. Apologize for something specific. Then click your fingers again. See another face. Say "Hello." Say their name. Say "I came here to apologize for..."Go.
- Who did you need to appreciate that you did not appreciate enough? Click your fingers. See their face. You might have appreciated them, but maybe you didn't tell them enough. Be specific about your appreciation. Say "Hello". Say "I came here to say that what I appreciate about you is...". Go to them and appreciate them now. Go.
- Who do you still have resentment about, especially for small things? Go to them and forgive them specifically for what happened or did not happen. Click your fingers. See their face. Let them go completely into their own lives. Click your fingers and cut every karmic bond of resentment you have with people by following them. So they are free to go. Say "Hello". Say "I came here to tell you I have been having this resentment with you and I now let it go. I respect you. I forgive you and me." Go.

**(NOTE: Let this experience be big for you. Do not hold it in. You held things in enough already. Let it all pour out, bigger than it was in your life. We live such scared, small, pitiful lives. Let this work now be bolder than you ever lived. )**

- Who do you need to say thank you to? Go to them and thank them now. Say "Hello Bob, I am here to say thank you to you." Go.
- Who did you never say *I love you* to? Your teacher? Childhood friends? Even your enemies? Click your fingers. See their face. Say their name. Tell them. Go.
- Which people do you need to say goodbye to? Go to them and say their name to get their attention. Tell them you died. Then say goodbye. Go.
- Now say goodbye to your favorite possessions. Your favorite clothes, artwork and tools. Hold the things. Caress them. Then click your fingers and vanish them. Go.
- Now say goodbye to your plant friends, all the flowers, fruits, trees, vegetables, all your favorite foods and drinks. Go.
- Now say goodbye to your animal friends, even if they died already. One by one cut your karmic bonds to each animal so they are free to go on their way. Click your fingers. See them. Hold them. Say their name. Look into their eyes. Talk to them. Say goodbye. Go.

- Now say goodbye to the things you loved to do. Sports, camping, watching films, entertainment, working with wood, metal, machines, yarns, fabric, colors, paints, computers. Go.
- Now say goodbye to your favorite vacation and meditation places and your favorite places on Earth. Go.
- Now speak out your favorite memories of things you experienced, things that happened, things you did. Then say goodbye to them. Go.
- Now say goodbye to your favorite kinds of thoughts, jokes, humor, insights, revelations, puzzles, games, poetry, reading, writing. Do you think you are going to take them with you? No way. They are gone. Go.
- Now say goodbye to your favorite kinds of movement, walking, dancing, swimming, sleeping, waking up, running, climbing. Go.
- Now say goodbye to your voice, the singing and speaking. Go.
- PLEASE TAKE ANOTHER DEEP BREATH.
- *You were born on the Earth because you love the Earth.* Take your time to feel the depth of your love for the Earth. Cherish all her beauty, all her mystery and magic. Say out loud the things you love about the Earth. Then say goodbye to them. Go. (Do not rush this. It is huge for us.)

Now say goodbye to the whole sun, the sunrises and sunsets, the oceans, the waves, the streams, the water, the air, the clouds, the forests, the mountains. Go.

Now say goodbye to the mother Earth, planet Earth, other planets. Go.

Now say goodbye to the stars, the galaxies, the whole universe. Go.

Now say goodbye to other life forms. Go.

Now say goodbye to life itself. Go.

TAKE ANOTHER DEEP BREATH.

#### **4. WE NOW BEGIN STAGE 4 OF THE DYING PROCESS: PREPARING YOUR BODY**

**We are now going into the final stages of your death. Here is what is going to happen next. At the count of three you will take a deep breath. Then, as you exhale, you will leave your body. Here we go. One. Two. Three. Deep breath. Drift up out of your body and float there. Observe your body from above with a neutral attitude. You are hovering over your dead body. Say what you see out loud. Go.**

- Where is your body now? What is it wearing? Go.
- Who finds your body? Who is there? Say the name of the first person. Go.
- Repeat what are their first words are. Go.
- Feel and express their feelings when they find your body. Say what they say. Go slowly with this. Take your time. Be surprised. Let it shatter your world. Go.
- What do they say to God about this? Say their words. Feel their feelings. Go.
- Say what they try to do then? Who do they call? Who comes?
- Say what happens next? What do they do with your body? Take your time to describe this as it happens. You are floating above observing the whole thing, but have their feelings.
- Take a deep breath. Click with your finger. Now it is a little while late. What do they do to prepare your body for its final ritual? Describe it in detail. Do they wash your body? Put chemicals in your veins? Dress you in special clothes? Put you in a cooler? A coffin? What does it look like? Do they burn your body? Please say how it goes? Take your time. Give the details. Go.

*(Possible pause and pee break here)*

#### **5. WE NOW BEGIN STAGE 5 OF THE DYING PROCESS: YOUR FUNERAL**

**You are now at the final ritual for your life, your funeral.**

- Say where the ritual is taking place. Inside? Outside? Day time? Night time? Say what it looks like there. Nobody is there yet. What is the mood? Go.
- People start to come now. Say who is coming there. Say who comes first. Say their names out loud as they come. Greet them individually. Welcome them to your funeral. Thank them for coming. Go.
- Say who is not there. Go to them and personally say their names out loud. Forgive them for not being there. Tell them that you understand. Tell them I's okay. Go.

- Who is in charge of this ritual (the spaceholder)? Say their name and position. Go.
- The ritual begins. What does he or she say? What do they actually mean by what they say? What are they trying to do for the others? Say it out loud. Go.
- What do you actually want them to be saying and doing? What do you wish they would say? Go.
- Look around at each person. Look into them and through them. You can read them like a book. What are they thinking and feeling about you? Feel their feelings. Say what they are thinking and feeling out loud. One person after another. Take your time. Keep speaking. Click your clicker and go to the next person. Let it be big. Go.

## **6. WE NOW BEGIN STAGE 6 OF THE DYING PROCESS: THE END OF YOUR FUNERAL**

Now the funeral has come to its end. The ritual is completed. It's over. The people begin to leave, to go back to their lives, without you.

- Say goodbye to each person as they leave. Say their name and say goodbye.
- Who is hesitating to leave? Why are they hesitating? Say it out loud.
- Notice, go to each one and personally tell them it is okay for them to leave. Tell them it is all okay.
- Who is the last person to leave? Or who comes privately after everyone else has gone? Go to them. Feel their feelings and express them out loud. Say out loud what they are thinking.
- Say something special to them, for example tell them to go on living and loving. That this is what you want for them. This is your final goodbye to them. Go.
- Then let them go, so they can let you go. Cut all karmic ties to them.
- Take a deep breath. Everyone has gone. All that is left is your body or its remains. Look at it with detached interest. Your body has served you all these years as a vehicle for your being. It may not have been perfect, but it did a good job for you. It worked as well as it worked. Appreciate its service to you. Say goodbye to your body with respect. Say "Dear body..." Go.
- Take a deep breath. From this overall perspective look over your whole lifetime and say one good thing that you learned during your life that you are taking with you. Say "I learned that..." Go.

- Take a deep breath. You have already said goodbye to your friends, your family, the earth, and your body. Now say goodbye to your lifetime. Say, “Thank you for this lifetime”. Go.

## **7. WE NOW BEGIN STAGE 7 OF THE DYING PROCESS: THE END OF THE END**

You have no more worldly responsibilities now. That was it. That was your life and your death. You have experienced the whole thing.

- What did you decide about your life? Say whatever comes first. Say “What I decided about my life is...” Go.
- What did you decide about life itself? Say it out loud. Say “What I decided about life itself is...” Go.
- What do you now decide about your next life? Say whatever comes and remember it. Say “What I decided about my next life is...” Go.
- Please take a deep breath. Notice that you have already died so therefore you do not need to be afraid of dying ever again, because that is all it is. Just this.
- Ask yourself this question: Even during this whole initiation of death, am I okay? Answer out loud in this clarity.
- In your answer to this question, take a deep breath and drift directly into the Light. You become one with the Light. This is the end and this is the beginning, without end and without beginning. The whole process feels so familiar, doesn’t it? And yet so new. Please take another deep breath.
- The Dying Process is over.
- Now that you have already died you get a fresh start. You personally, now, get to start completely over in a new life. If you want, please choose one thing that you specifically want to add or subtract in your next life experiment. For example, “I decide in this next life that I am free of the belief that I am not okay.” The question is, where do you want to play next? Do not write this down. Instead, it is something you know. It is a decision. Let it become you. Let it integrate. Let it be determined. Let it become your resolve.

*Trainer: Stick around in the space and hold space for integration. This is big stuff. There may be questions or the integration may take a little longer for some people. Just keep saying “Let it integrate. There is nothing to do. It happens all by itself.”*

### **AFTERMATH:**

Do not try to put things back together the old way. Instead, practice being okay with not knowing how things should be. Move slower. Move more deliberately. Enjoy each sensation of your new life as it comes. Please take a **SILENT AND SLOW** five

minute break to clean up the room, put chairs in a circle, use the toilet and drink water (not to smoke), then please return with pen and paper.

### **20 MINUTES 3 PART WRITING EXERCISE**

In this next exercise, I will say something, let your pen write in response. Just watch it write all by itself. It is not something you have to think about. Let it come out of the pen. Let the pen write this. You don't have to think about it. If you catch yourself thinking, go back to the pen. Without thinking, start writing:

1. What my previous life gave me and what I gave to it was...(5 min or so)
2. (Trainer chooses A or B next) (5 min or so.)
  - a. Write a free-verse poem about that life. Start with: *Once upon a time a child was born...* Then bring it to a sweet end or a profound end.
  - b. Write a true story about something you learned or did for others, a positive legend. Start with the conclusion. E.g. *She committed to do it before she knew how.* Then write what happened that proves this positive legend. Then end with the first sentence again.

### **WHAT IS COOL**

What is cool about what you just did is that you ended your past life before it was going to end in your original life plan. You changed your destiny. You jumped trains. You are now in a parallel universe where what happens next for the rest of your life was not already contained in your previous destiny. You were not supposed to have died already. But you did, so now you have a new future. This is an extraordinary opportunity.

3. Keep completing the following sentence: *In this new life I will...* Let your hand write all by itself. Don't even think about it. (5 min or so.)

**Ladies and gentlemen, welcome to your next life where you get to do exactly that.**

### **MASS HOLDINGS MIGHT BE APPROPRIATE NOW**