

A new perspective on passing

By Robert S. Wood

I just lost a dear friend of 50 years. She was more than a friend, more like a soul mate. Her passing reminded me of how little the public knows about death, and how fearful our traditional beliefs about it have become.

We know it's the end of our physical life, and that's about all. The rest is hope, fear, myth, superstition and wild conjecture. No wonder death is the biggest, longest-running source of anxiety in our lives.

Dissatisfied with what self-appointed authorities on death tell us, I set about researching alternative views, going back to ancient history, consulting the wisdom of the ages, new evidence, other cultures, modern science, metaphysics – everything I could find.

What I discovered excited and intrigued me. Instead of the negative, morbid, depressing beliefs we know so well, I found a highly optimistic outlook that contradict our grim, fearful views.

My discoveries so excited me, they inspired me to write a couple of books on what I learned – good news about death with the potential to create a new paradigm and save untold suffering worldwide.

My friend's death reminded me that local readers in these difficult times might benefit from hearing what I learned – especially older readers who increasingly wonder and worry about death as it draws closer.

Instead of being something to dread, I learned, death can be something to look forward to when the time is right, a wonderful end to suffering, a blessed relief. Experts say it's

generally far less traumatic than birth.

Little known modern science reveals that our traditional fearful beliefs about death are all wrong. We can pass away whenever we want, they say, by simply letting go of the life force that keeps us alive.

Mind-boggling quantum physics, building on the discoveries of Albert Einstein in the 1920s, says we actually cannot die until we make the decision to depart this lifetime. Think of the implications.

Instead of having no control over the time and manner of our passing, just the opposite turns out to be true. So our lifetime fears of death from any cause are groundless.

Ultra modern science assures us we can depart this old world whenever we want, because we create all the events of our life with our thoughts not our actions. It therefore follows that we determine when we're ready to leave this lifetime. Instead of fearfully waiting for our bodies to fail, we can simply let go of them.

Why make an unconscious decision to let the body fail, when you can consciously decide when to depart? When you're mentally completely ready, you can just go to sleep one night firmly intending to wake up on the other side. And you will.

As I wrote in "Peaceful Passing, Die When You Choose with Dignity & Ease," "It's the path of passing chosen by wise men and women down the ages, and it's increasingly employed today by enlightened, spiritually aware, advanced thoughtful people everywhere...."

Applied science tells us: (1) We can die whenever we want, easily, painlessly and peacefully. So there's no longer a need to wait helplessly for death to overtake us.

We can avoid all the pain and suffering of lying hopelessly in

some hospital bed while our relatives wring their hands and our savings disappear. Sadly, that's how most Americans die nowadays.

(2) It means we're safe from death from any source – from accident to illness to natural calamity to murder, terror or war – safe from every kind of threat – as long as we believe ourselves safe and wish to continue living. So our lifetime fear of death no longer has any basis.

(3) Knowing that everyone who dies made the decision to do so frees us from needing to grieve for them, because they went willingly. We can mourn for our loss of them, but not for their loss of life, because they made the decision to pass.

(4) Quantum physics also tells us that there can be no real death. Only the body dies. Our mind, soul and spirit live on. Death of the body is therefore not the end, a happy belief now shared by a majority of Americans.

Our personal beliefs about death and dying profoundly affect the quality of our lives. Changing our beliefs about death to conform to those supported by modern science can create a new and happier paradigm of death in America, with the potential to prevent untold needless suffering

Making the final decision to depart requires a combination of belief, desire and willpower, but anyone can do it. So why wait until you're dying to change your beliefs? Why go through life with the brakes on, when you can take back control of your life – and assure yourself an easy death.

Changing your beliefs now, well in advance of need, can dissolve your fear of death and provide you a new lease on a happier life – paving the way for a happier passing, irrespective of your religious or spiritual beliefs.

This discovery lifted a great weight off my shoulders and brought me a new freedom, because now I know I can cross over

whenever I want, and until then I'm perfectly safe. I didn't need to grieve for my friend because I know that she was ready to go. Instead I rejoice in the end of her suffering and her blessed relief.

Clinical scientific studies of near death experiences confirm that all deaths require an individual decision to let go of life. So do the people who once walked the earth who have died and now speak to us from first hand experience from the other side. What they tell us is entirely consistent with the findings of modern science.

So, there really is an easy way to kick the bucket, cross over, buy the farm, turn out the lights and say goodbye. It's an option that's truly good news for all of us.

Robert S. Wood and his wife spend half the year in Lake Tahoe and the other half in Sedona. He is the author of a dozen books, including the original trail guide to Desolation Wilderness.