

Death without Fear:
Comfort for Those Facing Death or
Bereavement

by Tony Stubbs

Excerpt

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Preface

Have you ever felt you joined a dream somewhere in the middle and you're not sure what's going on? In this dream, you seem to have amnesia because you don't know who you are. Sure, you have a name and social security number but they tell you nothing about who you *really* are.

You don't know if you have a purpose in your dream, so you muddle along, first at school and then at various jobs. No one else seems to know what the dream is all about either, but somber men in black robes mutter something about worshipping God, whatever that is. No one else really knows what God is either, but you all nod and smile as if you do. There's no proof that this God exists apart from a book about 2,000 years old, but the men in black tell you, "It's a matter of faith. You just have to believe. After all, doesn't it say IN GOD WE TRUST on the dollar bill?"

You also have a physical body, which hopefully developed perfectly in the womb, but you notice that it wears out and breaks down over the decades. You see older people leave their body and you wonder where they went, but no one you talk to really knows. You ask the men in black but they just tell you, "He's with God," but they can't tell you exactly where that is. If you love one of these folks who leave, you're sad that they're gone and you worry if they're okay with this mysterious God, wherever that is.

Then, one day, your body goes seriously wrong. Something called cancer threatens to render it uninhabitable, so men in white coats try to cut, burn and poison your cancer, but all that does is make it worse and you even sicker. No one told the men in white about all the wonderful natural remedies that would kick the cancer right out of your body in a couple of weeks, so they send you home to "get your affairs in order."

You ask the men in white where you'll go when you can no longer live in your body, and they refer you to the men in black, who don't know either.

However, they promise to conduct ceremonies over your body once you go, to make it easier for you to get where you're going, wherever that is.

Over the next few months, as the cancer steadily pushes you out of your body, you're left to stew about the mystery journey to some unknown place. There are no guide books or maps of this place, which many people tell you doesn't even exist anyway, so don't worry about it because when you leave, it's oblivion. All that will be left of you will be survivors' memories of you. But that doesn't feel right to you, and you're still confused. Empty platitudes about going to be with God aren't working for you, so one day, you've had enough and scream, "WILL SOMEONE TELL ME ABOUT DEATH!"

Well, glad you asked, pilgrim. That's what this book is about. Is talk of death morbid? No, this book treats it irreverently because that's how we should be about going Home.

You don't know about Home? It's the idyllic place you lived in before you jumped into your physical body and got that dreaded amnesia. Of course, we all have to forget about Home while we're here because in comparison, Earth lives just suck. If you ever *really* remembered about Home, you'd jump off the nearest bridge in a heartbeat to get back there NOW.

It is a travesty and tragedy that organized religion has hijacked the field when it comes to what happens at death, because the priests know nothing but act as if they have the answers. As a result, billions of people are walking around in fear of "the final frontier" – death. Now, if you're one of them and have bought into a conventional belief system, this book will cause you a problem because you will need to dump that belief system, at least temporarily. Why? Because it's all wrong anyway, and certainly not compatible with the contents of this book. The journey Home can be a blast, but conventional beliefs will seriously mess up your transition, so for now,

put those beliefs aside and read with an open mind. Let's play a game of: "Everything you know about death and dying is flat out wrong."

If you can't stretch to embrace this book, don't worry. Your soul will incarnate several hundred times during its evolution, you being one of them. For most of those lifetimes, particularly the earlier ones, you and the other personalities will adopt the set of beliefs prevailing in your social group. So if that group happens to be Southern Baptists, say, you will live by those beliefs. In later lives, however, as an older soul, you will step out of any rigid belief systems and figure things out for yourself, much as you did when you figured out that Santa Claus isn't real.

If your current lifetime is early in your soul's evolution, this book will outrage you, so please pass it on. But if your soul has an older soul perspective, you should find the concepts herein informative, entertaining even. That makes you the book's intended audience, so enjoy and please forgive the gingerly approach to readers who may not be so open.

In this book, you'll read lots of accounts from people who have already died and gone Home. "Wait a minute," you may protest. "If they're dead, how can they tell us about the other side?" Well, that's another stretch you'll need to make to benefit from this book. There are a few people with a gift – they're called "mediums" and can talk with dead people. It's actually an easy talent to develop but most of us don't know we can do it, so we never try. It's natural and most kids can do it, so it's not witchcraft or voodoo. (It's a little like the range of sounds people can hear. Most humans can hear up to 16 KHz but, due to going to too many rock concerts in my early days, I can't hear above 12 KHz. However, I take it on trust when people tell me they can hear things I can't.)

If you can't stretch your mind and get your head around dead people talking through mediums, then you're choosing fear and ignorance over

hope and awareness. And that's okay, too. You have plenty of other lifetimes ahead of you, and maybe you'll choose differently in one of those. But please, at least give this book to someone who is more open than you are.

Because we can't really know what happens at the moment of crossing over without experiencing it ourselves, this book includes excerpts from accounts by those who have already crossed over and are reporting back through gifted psychic mediums. One of the most prolific soul/medium teams has been Catholic priest Monsignor Robert Hugh Benson and medium Anthony Borgia. Between 1951 and 1957, Borgia channeled a compelling series of afterlife accounts from Monsignor Benson about life on the other side. Benson did this because he was once a "fire and brimstone" Catholic writer and, when he crossed over, he realized everything he'd written was a lie. He was so mortified at having misled mankind, he asked "the powers that be" on the soul plane for permission to set the record straight should a suitable medium be found. One was, and Borgia compiled the session notes from those six years into six books:

Msgr. Benson (1871 – 1914) was a son of Edward White Benson, Archbishop of Canterbury from 1883 until his death in 1896, and has much to say to correct the teachings of his life as an influential Christian. His words are frank and honest. For example, "These spirit realms are full of people who, when they were on earth, denied that such things as psychic faculties existed. They know better now. They know that such faculties are part of the natural make-up of man."

The books are out-of-print nowadays but you can download them for free as PDFs from my website: www.deathwithoutfear.com. Then you can print them out for easy reading. And trust me, they are worth the trouble. Nowhere have I encountered a more comprehensive view of the afterlife,

and reading them should be mandatory for anyone dealing with death and dying, such as hospice workers.

Now Monsignor Benson went Home over 60 years ago, and his style is a little archaic, albeit charmingly so, but this gives his words a little more authority. You'll be hearing from him a lot in this book, mainly because he's extremely thoughtful and worth listening to.

In the following excerpt, he laments about how unready and ill-prepared people are for the journey of a lifetime – crossing over. Admittedly, he has an axe to grind because his chief occupation is that of "greeter," in that he is made aware of someone about to cross over, and is there to escort the deceased person back to the soul plane. This puts him on the front line when it comes to dispelling people's confusion about "waking up dead." He specializes in Catholics about to cross and visits them in full regalia, which is initially comforting and reassuring. The neat thing about him being a Catholic priest is that his shtick is, "Oh boy, have they ever got it all wrong."

So, meet Msgr. Benson:

Such is the state of spiritual enlightenment of the earth that in many cases, these folk are completely unaware that they have "died." That means simply they have never ceased to live; there has been an unbroken continuity of life for them, as indeed there is for all of us. This situation frequently arises among people who pass into the spirit world suddenly, perhaps without warning. Their lack of knowledge of conditions existing in the spirit world produces this state of bewilderment, and if there is added to that ignorance also the fact that, during their earthly life, they never gave any heed to a future life in the spirit world, then their situation becomes a doubly unhappy one. But there is, in the spirit world, a vast organization of all its immense resources, and it must not be thought that these bewildered souls are left to shift for themselves.

They are soon taken in hand by others long resident in spirit lands – as you judge time – who devote their spirit lives to such work. I have for years been engaged upon this work, so that I can speak from particular experience.

Our task is often a difficult one because it is not always easy for the soul to grasp what has happened. The mental equipment of the individual may cause a reluctance to accept the truth. On the other hand, those who are mentally alert will soon see for themselves the exact situation.

If only knowledge of the conditions of spirit life were universally diffused throughout the earth world, what a wealth of difference it would make to each soul as he came to reside in these lands.

Was anyone ever so ill-equipped for a journey as is the average person for the journey into these spirit lands?

It is a journey all must take, yet how many even bother to think about it during their earthly life?

This voyage is inevitable, but so many thousands of people are perfectly content to dismiss from their minds all thought of it until the times comes to take it. Many have no chance even at the last moment to think about it, so sudden is their transition.

How many people living on earth would be foolish enough to undertake a journey with their eyes blindfolded, not knowing how far they were traveling, or where, or to what conditions of living? Yet so many are willing to embark upon the first great voyage of their lives in absolute ignorance of all these factors. We in the spirit world are constantly seeing these bewildered souls arriving, and we do our best for them. We have no need to chide them [for their ignorance], for they are the first to blame themselves. And as often as not, they do so in good round terms!

I think if one were asked, "What is the most common mental state in which the majority of people arrive in the spirit world?" I should reply

from extensive experience, "They arrive in a state of bewilderment and complete ignorance of the fact that they have passed from the earth world."

So, by the time you're finished with this book, you'll be ready and have no fear of the illusion we call "death." In fact, you might be looking forward to it, but please don't do anything to hasten your passing for you would instantly regret it if you succeeded, as many who report back tell us.

If someone you know is going Home soon, tell them what you learn about their forthcoming trip and how you'll be rooting for their safe and easy passage. Remember, fear is just ignorance, so once you dispel any ignorance and realize the illusion of death, you will no longer fear it, which is a very good thing. And if you get Home before I do, remember to stop in at my Welcome Home party, for I'll be dying to meet you.

Introduction

We humans are an ingenious species. For some reason, we love to make simple things very complex. Take sex, for example. Sex is really simple yet rather than just enjoy it, we dress it up with layers of customs, conditions and taboos.

The same goes for death. Dying is simple – really, really simple. In your spiritual body, you just get up out of your physical body and you're done. Just like that. Don't know what a spiritual body is? Another name for it is "aura," and all living things have one, including you. It includes that part of your soul that incarnated as you, plus your mind and emotions.

You've heard the phrase: "body, mind and soul." The latter two are made of very high frequency energy so are invisible to physical eyes. Some psychics can see them, however, as can your spiritual body's vision, which is why some people who die don't realize they have – it all looks and feels so natural, except for feeling larger and somehow more free. Oh, and any pain you were in ceases.

So, that's it. A blink of an eye or an out-breath and you slip out of your physical body. What could be simpler? And quick, too. The reason it can seem labored is that many people are afraid to let go, and hang far longer than they should.

Now, you can still see and hear everyone around you but they can't see or hear you because of the frequency difference. But soon, you will see someone or a group who *can* see and hear you because they are in spirit form and have come to take you to the soul plane, your true Home. And that's one place you're absolutely going to love!

So for you, everything is hunky-dory. You're free of your limiting, broken-down body, meeting and greeting your long-lost friends and relatives, having a total blast. However, for the survivors gathered around your body,

things are now going to get complicated, *really* complicated, because of all the layers of “stuff” we heap onto the D-word.

First, they don't know where you've gone, or even if there's still a *you* to go *anywhere*. Maybe some think you ceased to exist altogether, which you find a real hoot. Catholics worry about you being in Purgatory; Fundies worry about you being in Hell; Tibetans – how knows what they think; their Book of the Dead is really hard to understand because they've made it so complicated.

So there you have it. Getting out of your physical body is *so* much easier than getting in was, i.e., being born. Now *that's* complicated because for your soul to reduce its frequency to match your physical body is a long, difficult and painful process. So much so, I often wonder why we even bother. But we souls love a challenge. At least ten percent of us do; the other 90 percent prefers to remain on the soul plane, content to grow and evolve at a slower pace. But I digress.

Back to your loved ones gathered around your body. By now, they've realize you're no longer there, and the weeping and wailing begin. You're off through the famous tunnel of light for your Homecoming party, but back on Earth, the focus switches from you to your old, discarded physical body. With great reverence, clergymen will pray over it, nurses will wash it, a coroner may dissect it, and the funeral parlor owner will rub his hands in glee at the \$10,000 he'll receive for dealing with it.

As the “death industry” gears up to handle your remains, you couldn't care less about that “ugly bag of mostly water,” as the Crystalline Entity once said on *Star Trek*. “Just send it to the rendering plant to be ground into animal feed,” you might say with a shrug. Recycling is actually the most sensible and simple thing to do, but we humans love to make things more complex.

As this book's title suggests, the intent is to help you dispel any fear you or your loved ones may have around death. Fear is just a byproduct of ignorance, so the more you know about the topic, the more your fears will just evaporate. That frees you up to have fun with your loved ones.

Another nasty byproduct of ignorance is grief after someone you know crosses over. Grief is an incredible waste of time, as it can paralyze you in inaction, and you can end up neglecting your surviving friends and relatives. Plus it consumes an *enormous* amount of energy that could be put to far better use. So, all in all, ignorance of the whole issue of death leads to a huge waste of time and energy on Earth and is a real hindrance to the progress of the person who crossed over.

So, hopefully this book will contribute to the quality of life on both sides of the veil.

Here's how Msgr. Benson puts it:

Many people will, however, listen to our reasoning, and so save themselves an infinity of distress and unhappiness if for no other reason than this. It would be the best thing upon the earth if cemeteries, graveyards, and all the visible and outward appurtenances of burial were entirely abolished. Large numbers of people would then be forced to relinquish what is a thoroughly bad practice from every point of view. It is unhealthy for mundane as well as spiritual reasons, and can be the unconscious means of bringing distress to the newly-departed individual.

From the fact that a mourner is spending time at the grave, indulging in melancholy thoughts of the soul who has passed on, you will infer that the mourner has no acquaintance with spirit truths, or else he would never think that the departed one really lies there himself. We in the spirit world know that a soul who gradually yields to such melancholy importunities of thought as are being sent out from the earth, knows very

little of spirit truths. And when a soul returns to the earth and stands in the presence of the mourner and tries to talk to and comfort the one who is left behind, he becomes acutely disturbed in mind when he discovers that his voice cannot be heard. The thoughts of sorrow and despair pass and re-pass in a constant stream until at last both persons become exhausted with the emotional strain. The mourner will eventually leave the graveside, the newly-arrived spirit will return whence he came, and both are filled with inconsolable sadness. The whole performance has done no good whatever; on the contrary, it has had a very bad effect upon both parties. And what is worse, the episode will be repeated and repeated until we on our side can instill some reason into our distracted friend, and show him the futility of the proceedings. Better counsels will eventually prevail, and the visitations to the resting place of the physical body will cease. In the meantime, the soul has passed through a period of untold misery that could have been avoided if only those who were left behind upon earth had possessed themselves of the necessary knowledge of spirit truths.

You can understand that we are not pleased with the willful stupidity of some earth folk who persist in closing their eyes and ears to the truth, and so cause an enormous amount of misery to friends and relatives who have passed into the spirit world before them. Their blind ignorance in refusing to look at the facts of spiritual truths, their blatant assumption of mental superiority over the whole subject of spirit life, their self-satisfied attachment to their own erroneous views, all these, taken together or individually, have the effect of giving us work to do in the spirit world which a knowledge of the truth would render totally unnecessary. We should then be enabled to carry on with other work than correcting the mistakes of the earth. The earth has, in fact, a completely exaggerated idea of its own cleverness. You need to be resident in the spirit world to

see just how foolish mankind upon earth can really be! Here the mistakes are plain for all to see, and we are sometimes amazed at the ignorance displayed.

Ironically we begin our examination of the topic of death by going back to before you were born, to look at how you planned your current lifetime. And plan it you did – very thoroughly – as we'll see in Chapter 2. But first, let's take a look at who you really are.

Fasten your seatbelt and enjoy the ride!

Section 1

Chapter 1 answers the question, "Who are you really?" by examining the nature of the soul. Chapter 2 reveals the enormous pre-life planning that souls undertake to prepare for incarnating and the myriad decisions that must be made regarding the life mission, the personality and the roles that countless soul-mates will play in your life. If you think your life just happens, this chapter will rock you to your core.

Chapter 3 moves to the other end of life and discusses how best to prepare for leaving your body behind and journeying to the soul plane and Home, given some notice of the impending trip. Chapter 4 looks at how we can *always* be prepared in case we don't get that notice.

Chapter 5 talks about what crossing over is actually like, with plenty of accounts from those who have already done it. And Chapter 6 helps those left behind when a loved one crosses over.