



ASTARA

DEATH BARDO

Initiation into the Light

BOOK OF THE DEAD PROCEDURE

Here is given a complete outline of the procedure to follow:

1. Assuming the dying pilgrim to be at home, orange light globes should light the death room.
2. Place the pilgrim facing the east, if possible.
3. Mantras may be chanted.
4. Sandalwood should be used if incense is to be burned.
5. Windows and doors should be closed to obtain the silence desired.
6. The last sacrament should be performed if it is to be performed — anointing with the Holy Chrism.
7. At the approach of death, the pilgrim should be turned on the right side and the arteries on each side of the throat lightly pressed (if such a procedure is desired).
8. The principal signal of approaching death is the ascending coldness that begins in the feet. The reader-guide may begin the first reading when this coldness becomes apparent, or when it is obvious that breathing is about to cease. It is to be hoped that the Astarian will revive as illumination approaches, describing Teachers and loved ones waiting to greet him or her, and the heavenly scenes opening to awakening perception.
9. THE SUPPLICANT TO THE MASTERS, should precede the Ritual reading.
10. The First Phase reading should continue during the first twenty minutes of death, covering the dawning of both the Clear Light and the Secondary Clear Light.
11. The Second Phase reading should span the next twenty minutes, totaling forty minutes in all.
12. Should it be impossible to hold the body following death, or if the body is absent for any reason, then the Ritual may read using the pilgrim's picture or effigy and as many personal items as are deemed necessary to create an aura forceful enough to hold the pilgrim's attention, regardless of the Phase of the Bardo being experienced.
13. At the end of forty minutes to an hour following death, the reading may cease, it being realized that the Astarian is now resurrected in his or her spiritual body. The physical body may now be properly dispatched.
14. Know that, even if, for whatever reason, you have not been made aware of a loved one's death until hours or even days after the transition, read the Astarian Book of the Dead Ritual as soon as you learn of the passing. Again, the soul of the one you love hears you, knows of your blessing and of your efforts, and is greatly helped by the reading of this Ritual at any point on their Journey.
15. The shadows of grief should be interspersed with the realization that the pilgrim has not experienced extinction, but is raised into the glory of the mystical Resurrection. This is the life which is LIFE indeed — the Life Everlasting.

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ASTARA'S BOOK OF THE DEAD (EXCERPT FROM ASTARA'S BOOK OF LIFE THIRD DEGREE LESSON 18)

PART ONE: PHASE ONE AND TWO

Astarian:

To aid your use or the material in this book, the following are printed in the margins:

READ - words to be read

ACTION - acts to perform

INSTRUCTION - instructions to be followed

AWAITING RELEASE

Activities leading to the time or the last rites were fully related in the previous Lesson: use or an orange light in the death room: choice or sandalwood if incense is used: summoning a friend, in whom the dying Astarian has Confidence, to perform the last sacraments and read the death Ritual.

There will be Seventh Ray Astarians - those inclined toward ceremony - who will wish to employ the use of Holy Water and Oil anointing the pilgrim in last sacraments. Such a ceremony produces a profound impact upon both the dying and the bereaved, as witnessed by the Catholic Church's use of last rites since its inception. (ASTARA'S BARDO OIL MAY BE USED)

READING THE RITUAL

Whether or not anointing with Holy Chrism is performed, or whether or not the arteries are to be pressed, the reader should sit near the head of the pilgrim to begin the Ritual, and direct these words intimately to the one making the transition, speaking clearly and precisely. The guide should watch for signs of the approaching last moments of life, already described, especially an extreme coldness beginning with the feet which ascends slowly toward the heart, resulting in cessation of the heart beat and the departure of the heart seed atom.

If the body cannot be presented picture or effigy may be used, and the guide should speak as if the pilgrim were present and listening intently to every word. If this First Phase of the Ritual cannot be read before the pilgrim arrives at the moment of death, it is all right. It should be read anyway, for the departed one hears, and knows, and is greatly helped by it.

HOLY CHRISM

INSTRUCTION :

Preparation of the Holy Chrism completed. (SEE Lesson 18)
the guide enters the death room.
(ASTARA'S BARDO OIL MAY BE USED)

ACTION :

Dipping the right hand into the Holy Chrism each time,
the guide makes the sign or the cross or other sacred symbol,
Then crosses or touches first the eyes, then the ears, the lips
the hands or the pilgrim. As each symbol is made the guide
says:

READ :

May the Lord (or Infinite Being) by this holy
anointing and by divine tender mercy, pardon thee whatever
error thou hast committed "by thy sight" -- "by thy hearing"
-- "by thy speech" -- "by thy hands"

ACTION :

Dipping the right hand into the water, the guide makes
the sign of the sacred symbol over themself, saying

READ:

For Thine is the kingdom and the power and the glory forever. Amen.

SUPPLICANT TO THE MASTERS:

ACTION :

Then the guide sprinkles the pilgrim and the bed upon
which he or she lies and, with the sign of the sacred symbol
made over the pilgrim, voices this SUPPLICANT TO THE
MASTERS:

READ :

Almighty and Everlasting Architect of the Universe, we
call upon the Great Ones of the Hierarchy. Be with us, Jesus
the Christ, (dear Mother Mary, the Buddha spirit, Moses and
Abraham, Mohammed, the Goddess spirit, Isis ...) ye Saints,
Bodhisattvas, Deities, endowed with great compassion,
endowed with wisdom, endowed with the Divine Eye,
endowed with love, condescend through the power of your
great compassion to come hither.

Great Masters Zoser, Rama, Kuthumi, Astalea, Earlyne,
our Astarian Sister (or Brother) (name) is passing from this
world to the world beyond. She (or he) goes to another place.
In your boundless mercy, look with kindness on your disciple.
We pray you not to let her make this journey alone.

O Compassionate Ones, protect her! Forget not your
ancient vows. Forget not your Astarian promise that an
Astarian never walks alone. Long has she placed her faith in
you. Long has she looked to you for guidance and sustenance
at this time. Let not the force of your protection be weak. Raise
her with the power of your grace.

Blessed Master! Be thou present now and assist (name),
our sister (brother), who strongly laboreth toward her
transition. We pray that in these last few hours of her earth life,
thou wilt prepare to receive her soul into thy Holy Light, and
bring her to the place of peace and rest.

Return to her that robe of grace which she left when she
descended to this body. Grant her full pardon and remission of
her errors, through the most sacred mysteries of humankind's
redemption. Open to her the gates of heaven and lead her into
everlasting joy. Enfold her in the strength of Divine grace, and
bring her safely into the Light. Amen.

Repeat three times, if time permits. Also repeat this
SUPPLICANT TO THE MASTERS just prior to beginning the
Ritual. If anointing with Holy Chrism is not to be performed,
this prayer should precede the reading of the Ritual just prior
to death. It may be repeated, if desired, at any point during the
Ritual reading.

READING THE RITUAL :

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or whether or not the arteries are to be pressed, the reader
should sit near the head of the pilgrim to begin the Ritual, and
direct these words intimately to the one making the transition,
speaking clearly and precisely. The guide should watch for
signs of the approaching last moments of life, already described,
especially an extreme coldness beginning with the feet which
ascends slowly toward the heart, resulting in cessation of the
heart beat and the departure of the heart seed atom.

If the body cannot be presents picture or effigy can
be used, and the guide should speak as if the pilgrim were
present and listening intently to every word. If this First Phase
of the Ritual cannot be read before the pilgrim arrives at the
moment of death, it is all right. It should be read anyway, for
the departed one hears, and knows, and is greatly helped by it.

FIRST PHASE

READ :

Nobly Born, (name), it is time to turn your attention to the Path of Light. Previously your Astarian Teacher has turned your thoughts toward the Clear Light, explaining its meaning. Now you are about to experience its Reality in the Bardo state wherein all things are like the void and cloudless sky, a transparent vacuum without circumference or center. At this moment I, too, am setting you face to face with the Clear Light.

INSTRUCTIONS :

Repeat the above several times near the ear of the pilgrim, to impress it upon the mind.

READ :

Now that you are experiencing the first Clear Light, Try to abide in that exalted state. Now that you are experiencing the radiance of the Clear Light of Pure Reality, recognize it! Do not let your mind be distracted. Resolve to take advantage of this hour. Shape your thoughts to embrace and hold the Clear Light.

The Clear Light of the Void is dawning upon you. Enter pointedly upon the Light. The supreme moment of transition is now dawning. Abandon all thoughts of worldly things, and concentrate undistractedly upon remembering the Astarian teachings of the Bardo.

Concentrate upon transferring your consciousness into the expanded heavenly spaces. Your awareness is becoming clearer. Do not be distracted. Think only of beauty. Hold onto the Light. Call on your Master. Call on the Name of thy Lord! Now that the hour approaches when you depart this body, realize it to be impermanent and illusory. The state of consciousness into which you are entering, and the new body you will inhabit, are your true possessions. The hour has come when all negativity must be forgotten. Your thoughts must center upon Light and Pure Love. Remember the teachings. Remember your Master Teacher ... remember the unseen Astarian Teachers ... remember your earth teacher. Remember the teachings of light, of initiation, of liberation.

INSTRUCTIONS :

When the breath has completely ceased, continue reciting:

READ :

Nobly Born, (name), your mind power is now expanded to embrace the real nature of the Void. Your own consciousness is now merged with the Pure White Light of the Divine

FIRST PHASE

Universe, and you are experiencing perfect enlightenment. Keep your consciousness united with the Divine Mind. Your present expanded awareness is the very Reality, the ALL Good. Your own intellect is now unobstructed, merged with the Great Shining and Blissful Void, the very consciousness of the All Good God. Their union is the state of perfect enlightenment.

Your own consciousness, shining inseparable from the great body of radiance, has no birth nor death, and is One with the immutable Light. Knowing this is sufficient. Recognize the radiance of your own intellect to be divine. Looking upon the inpouring Light as your own consciousness is the best means of keeping yourself in the state of the Divine Mind.

INSTRUCTIONS :

After reciting the above, repeat the following over and over, For the remainder of the first 20 minutes of death:

READ :

Go forth into the Light. Hold fast to it. Feel yourself engulfed in the blaze of the White Light. Let go. Rise up from your body. Leave it lying deserted like a worn out garment. Allow yourself to float up-into the down reaching Light. Melt into the glow of Love. Peace! Peace! Peace!

Think not of the past. Banish all regrets. Leave all old memories behind. Discard all apprehensions.

Remember the Light!

Do not be distracted. Turn your full concentration upward toward the White Light.

Feel it immerse your entire being.

Absorb it.

You are floating Free and Light.

You are moving upward into Love.

INSTRUCTIONS :

Repeating these words helps the pilgrim to recall any former training and remember what to do during the First Phase of the Bardo. It will also cause the naked consciousness to recognize and merge with the Clear Light or the Secondary Clear Light. Remember, if the pilgrim can gain liberation at this all-determining moment, the Wheel of Rebirth is snapped.

*(While the pilgrim is addressed as "Nobly Born," this salutation may be omitted, if preferred, and just the given name of the pilgrim spoken.)

SECOND PHASE

INSTRUCTIONS :

Assume the union with the Clear Light or Secondary Clear Light to last for twenty minutes, after which the consciousness of the pilgrim may fall away, and the dawning of the Second Phase begun. Regardless of the spiritual perception experienced by the pilgrim, it will do no harm to assume that they are now witnessing the Second Phase. The reader should recite:

READ :

Nobly Born, (name), you are now witnessing the dawning of the deity forms of the Second Phase of the Bardo. Concentrate your thoughts. Resolve that you will obtain the realization of the Ultimate Truth, and say to yourself: " Even if I cannot realize it, yet will I know this Bardo and, mastering the great body of union in Bardo, will merge with the Light and Grace of the Great Master Jesus." (Or Buddha, Vishnu, Mother Mary, Shiva, Moses, Mohammed, etc.)

Keep yourself united with this resolution: try to remember whatever devotional practices you were accustomed to perform during your lifetime, and inwardly pray. Call upon the Great Master Jesus (or other Master Teacher of the pilgrim); Zoser, the Healer; Kuthumi, the Teacher of Light; Rama, the giver of spiritual power; Astalea, the intuitive guide; Earlyne Chaney, Astarian teacher and healer who loves you and is ever ready to guide you, through whom these teachings have come; the great yogis and saints of the High Path.

Meditate with your expanded consciousness upon your chosen deity. Do not be distracted. Visualize your spiritual teacher standing before you in physical form. Do not be confused if you find yourself outside your body. Listen to my voice. Take full advantage of your lucid state of consciousness, and call upon the Master.

May peace be your dwelling today, (name). May your Master Teacher set you in the evergreen loveliness of paradise. In divine boundless mercy, may the Divine Light erase any errors and remove the guilt of any past actions by the grace of forgiveness. May the Divine Being look with kindness on (name), who has served so well, and Listen to your prayer. May the radiant company of angels and Masters of the Hierarchy come to meet you.

Almighty and Eternal God, graciously send Your holy angels from heaven to watch over, to protect, to abide with those of us who are Left. Cherish this soul, O God, which You created so That, purified and made whole, she may find herself restored to the perfection she Left when she descended to incarnate in this body.

SECOND PHASE

We implore You, O Lord, do not remember the faults and follies of her youth. But rather, through Your great mercy, be mindful of her goodness in the splendor of Your glory. Open to her the gates of life, and cause her to rejoice with Your saints in everlasting glory.

Lead the soul of this Your servant (name), into the heights of paradise so that she may Live with You in undivided Love. Come to her aid, O saints of God, come forth to meet her, angels of the Lord!

INSTRUCTIONS :

Repeat over and over the affirmations beginning, "Go forth into the Light," (see page 10) for the duration of the Second Phase, beginning twenty minutes after death and lasting another twenty minutes.

CONCLUSION

Because Astarians will not experience the gloom of Sidpa and the judgment, cease reading the Ritual at the end of forty minutes to an hour, For the Astarian, the Bardo is over. The pilgrim will have passed through the transition and already be awake in the new astral form. The physical body may be dispatched to the mortuary or released to hospital attendants as this time.

All Astarians will experience initiation in the Clear Light as soon as body and consciousness part, but some will enter higher degrees of the Light than others.

Third Degree Astarians, being familiar with the Bardo instructions and having acquired more spiritual perception through continued studies of the Mysteries, will obtain great power during the moments of death when the Clear Light, the Secondary Light, or the Second Phase, dawns.

Thus every Astarian, trained in the Bardo, should read it. hold to it, commit much of it to memory so that the words and meaning will not be forgotten.

Here ends the official Astarian Book of the Dead. I have met the duty placed upon me by the Hierarchy to relate the Bardo Thodol of Tibetan Buddhism to Christianity, and to the other major religions and spiritual cultures for the sake of the Western world. I have outlined a step-by-step procedure of the entire Ritual for your further understanding and convenience. (See pages 14-15).

To quote from the Tibetan Bardo Thodol:
Those who meet with this doctrine are indeed fortunate. Save for then who have accumulated much merit and absolved many Obscurities, difficult is it to meet with it. Even when met with. Difficult is it to comprehend it.

Liberation will be won through simply not disbelieving it upon hearing it. Therefore, treat this doctrine very dearly: it is the essence of all doctrines.

GLOSSARY OF TERMS

BARDO :

The state of existence intermediate between two lives.

Seventh Ray Astarian :

Solar Prana enters the splenic-naval chakra first. Mystics recognize these seven ray streams as the seven rays of physical energy in the body. The Seventh Ray represents Ceremonial Magic.

Effigy :

A sculpture or model of a person.

Chrism :

A mixture of oil and balsam, consecrated and used for anointing.

Supplicant :

One who supplicates. A petitioner, pleader or solicitor.

Ritual :

A religious or solemn ceremony consisting of a series of actions performed in a prescribed order.

Initiation :

The action of admitting someone into a private group or society.

Sidpa :

The illusionary or hallucinatory state of the Bardo.



ASTARA

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