



AWAKENING FROM THE DREAM Meditation on the Tibetan Book of the Dead

Creation and Voice by Veetman Masshoefer
INSTITUTE FOR LIVING AND DYING
www.living-dying.com

Music by Chinmaya Janke



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dedicated to the Mystic **O S H O**

PRELIMINARY EXPLANATION TO THE BARDO

Our nature is basically an emptiness, a void, with the qualities of creating and knowing, pure consciousness not formed into anything. This is the basic truth of existence.

Through exposure to time in the world of matter, consciousness composes into visions or thought-forms. We are a thought-form which has separated from the whole. Separation is ego. To *believe* that we are separate from the whole, however, is having forgotten our true nature.

As we are a creation, a consciousness, we in turn create our own reality by projecting a part of ourselves. The part we project is our thoughts, our fears, desires, etc. We *forget* that we have created our world, or even that we have this ability, and become totally identified with the results of our creation. We become caught in our own ego-games and the interrelationship which comes from contact with the games of others. This game is individual as well as collective. The ego is in a body because of its desire for it; the world exists because egos desire it.

Existence is one. As our consciousness weaves in and out of the timestream through life, death and rebirth, we lose touch with the subtle vibrations of human existence. We forget that non-being, the emptiness, is as much part of our existence as being.

The whole aim of meditation is to make us aware of our multi-dimensional existence.

Being leads to becoming in the many dimensions of the game. Between being and becoming, between ego and emptiness, exists the world of light and thought, called by some the Transit World, by others the Astral Plane. That world has as much reality or unreality as the physical plane, yet it is more subtle, fluid, vibrating at a faster or higher frequency. It is less tangible to us, and as such readily influenced by our thoughts. That world is made of the very substance of thought; thought being the primal form of matter.

That transit world becomes accessible to us, and our reality within it more evident, through meditation and increased awareness.

To remain aware through the many levels of meditation, through the levels of sleep, through the death experience, through the womb and birth experience, means to awaken to reality in its multi-dimensionality; and to the thread which unifies our consciousness as it swings from being to becoming, from emptiness to ego, again and again.

To die to the ego consciously means to understand the idea of an empty-mind, free from projections, free from games.

Liberation means recognizing our ability as conscious creators, and assuming responsibility for our creation. Liberation from mental-conceptual activity means enlightenment. Enlightenment will bring a heightened awareness, a new energy process; the nervous system empty of thought-formations.

The problems encountered in the transit world arise from trying to impose the illusions of the physical world onto the subtle world. difficulty arises when we cling to form and structure, when it is no more there.

In the Bardo we follow the psycho-neurological process of the body-mind, as the components of consciousness break up into their primal elemental forms during the period of ego-loss.

We are in life to experience. Experience brings awareness. Awareness is the link between life and death. Life is a training for death; conscious dying is a training for the fullness of life. There is no life; there is no death; -only you.. .only the knowing...



To prepare you for the realization of the basic truth of existence, (because knowing is not enough), and to help you to take responsibility for all phenomena, there exist three types of meditation:

1. Type one meditation will have you discover who you are, by digging down past all the things you identify with. This makes you able to correctly identify the emptiness-without-qualities, or the clear light, as your self.
2. Type two meditations deal primarily with phenomena- the rolling thunder sounds, bell sounds, trumpeting sounds, and so forth, - and the lights, bright and dazzling, and also the radiations or energy you will be experiencing. All forms of meditation will acquaint you with form changes, face changes, reality changes, and so on, all of which need to be transcended. these phenomenal meditations teach one to recognize the reality behind phenomena.
3. Type three meditation is not only transcendent, but active. These meditations involve a certain will of action, an ability for discernment between the real and the unreal. The abilities or powers which arise are designed to move you around to where you want to go in transit- like swimming underwater. closing the womb-doors, and choosing a womb, and restoring death-energy with self-generated energy, involve this third type of meditation.

The reading which follows is taken from various sources, and put into a new context of a contemporary understanding about meditation and awareness, and a psycho-neurological view of the Tibetan Book of the Dead.'

This teaching of the **Bardo** is also called **Liberation through Hearing**. Even if you hear this text only once, and even if you do not understand it consciously, but drift with the visualisations, feelings, sounds and concepts involved, you will be able to remember the teachings and recognize the experiences after death, because your memory there is nine times clearer.

This interpretation focuses on ego-death as experienced in meditation and altered states of consciousness. You can attain liberation at any point, through following any of your scenes in the scenario of your projections, into the space beyond them, returning to the initial clear light, the clear space of no-mind.

The reading begins at this clear space, when, after the separation or the disassociation, from the physical has occurred, when the Being (or the energy released from the separation) has its maximum momentum. It follows through the journey, or descend, into the world of becoming.

The Tibetans and some other cultures make themselves familiar with this text during their lifetime, and at the moment of death, project their consciousness upwards, through the crown centre, and directly into the void clear light, or into the world of consciousness, or into the light of the human world if they choose so.

2 meditation bells

Note: The following is not contained in the original OSO BARDO, yet a very helpful additional explanation:

The Bardo is a guide for those who strive to go beyond death, and want to transform the transition called death into a liberation. The impact of this process is useful only to those who have been preparing themselves during their life - through meditation and increased awareness. The reading of the Bardo touches many levels of their vast mind: The conscious mind, the unconscious mind, the collective unconscious, the cosmic unconscious, as well as the superconscious, the collective superconscious, and the cosmic Super-conscious.

Originally this meditation was used in association with the Buddha. Its impact on us goes deeper, if we ourselves associate this meditation with a spiritual master, that we feel connected with in some way, that we love and trust from the heart. Therefore during this meditation, whenever Osho's name is called, feel free to replace his Name with the name of your spiritual master/teacher, that being that is for you a doorway to the divine consciousness.

This can be a present day enlightened being, or any spiritual master from the past. Their presence is still available to us, when we can open ourselves for the vibrations and the energy released by those beings.

Allow this meditation to unfold in the deeper levels of that part of your mind that will remain with you after your physical death. This is the memory-system of your astral body, which continues to exist through the changes from one life to another.

Form a visual image, a name, a sound, or a feeling of your master, inside you. Your master will be a guide, or a protection for you through the transits of the Bardo- the life between lives. During the meditation you will be reminded of that spiritual master, ... your unique connection with your master will give you the trust, the courage and the acceptance to go on, whatever seems to be happening to you in transit, and to remember that whatever you experience is only a creation of your own mind, to be aware of it, and to remain a witness.

2 meditation bells

next follows a meditation before a picture of the spiritual master:

Silently meditate on Osho, your protective figure, in life as in death.
He is like the reflection of the moon in water, He is apparent, yet non existing.

Allow His visualized form to melt away from the extremities and, meditate, without any thought forming, upon the void clear light.... Feel His presence, as the clear light, approach and overshadow you,.. and finally merge into you, and absorb you.

2 meditation bells

Next follows the preparation: As If Dying

Imagine these symptoms observable by the dying person:

1. EARTH SINKING INTO WATER

A bodily sensation of pressure, of being pushed, or of melting downwards. A feeling of heaviness creeping upwards.

2. WATER SINKING INTO FIRE

A bodily sensation of coldness, as if the body had suddenly been immersed in cold water.. some shivering, gradually merging into another bodily sensation of being swallowed by feverish heat. . burning up.

3. FIRE SINKING INTO AIR

A feeling of being about to explode... and finally a sensation of the body being blown to atoms.. .complete and explosive dispersal.

4. AIR INTO CLEAR LIGHT

Feeling utterly at peace, alone, and in no time or space. No reference points, and although you have a powerful and sudden knowledge. . like you have been here before... that knowledge is not about anything in particular.

“Now you are dying, and you will have to leave all the ordinary and material things you have accomplished or accumulated in this lifetime, behind you. But something of all this is going to survive. Something that has nothing to do with the ego-consciousness. You are not really going anywhere, nor have you ever really come from anywhere. You have always been here, and we have always been with you, although not always in the same form. Now you may see it differently, but in reality we are always the same. **We** are your friends, relations and fellow travellers on the spiritual path. Our relationship with you will continue, no matter what else seems to be happening to you, and you will continue this way until your final liberation.

Remember the practices of meditation you did during your life in the human world, and don't try to find or perceive the clear light somewhere in front of you, or around you. It won't be there, because YOU ARE THE CLEAR LIGHT ITSELF .That IS your real nature.

Don't allow yourself to wander in dreams even for a moment: SELF-REMEMBERING, Sammasati, during this period is like riding a wave in the ocean.

If you lose your balance even for a moment, you will tumble into the ocean and be overcome by the waves.

Whenever you need, remember Osho, and meditate in His presence in the whole of existence. Let His presence be your protection and your guide, by calling His name, or feeling and visualizing His presence inside you, or around you.”

2 meditation bells

BARDO

PART 1 THE CONFRONTING OF THE PRIMARY CLEAR LIGHT, OR THE WILLINGNESS TO BE RESPONSIBLE FOR THE STATES OF KNOWING

You now find yourself in no location of time or space. You have no consciousness as to your own identity.

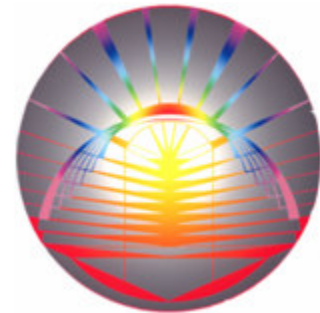
The time has arrived for You to begin to understand the reality of the universe. You are about to experience a state in which all things will be clear and certain. At this moment You will know yourself.

You will feel part of, and surrounded by a charged field of energy which seems almost electrical. Relax and allow the forces through. You will feel rhythmic pulsing activity within the body- powerful motors or generators,

continuously throbbing and radiating energy. An endless flow of cellular forms and colors may flash by. You may hear swooshing, crackling and pounding noises. These are the molecular processes of life.

Listen to what I am saying. Now You are experiencing the clear light of objective reality. Realize that nothing is happening, and nothing has ever happened, or will ever happen. Your present consciousness is in reality unformed and empty, having no qualities or characteristics. Your real nature is the clear light itself, and **you are the clear light**. Your nature in the emptiness is the emptiness itself. There is no other. You are the emptiness of the emptiness, the eternal unborn, the uncreated, never real, never unreal. All that you have been conscious of has only been 'as if true! Your own consciousness, which is the void, is not the void of nothingness, but endless endlessness of the pure shining emptiness, without existence, without change. Expect no birth, no death, no existence, no change, because there is in reality nothing to be born, nor anything which can die, nor anything to exist, or change. You are the heart. Recognize the emptiness of your own emptiness. This is your true nature.

Your own mind is now an emptiness of limitless ability, unobstructed, shining, and blissful in its very consciousness. This is the state of liberation and enlightenment. Knowing this is sufficient. Recognize this unformed state of consciousness to be your own potential mind. Be alert and attentive. Know that life is unreal, and death is also unreal. Only experience is real. Be one with this truth, and you will attain buddhahood.



2 meditation bells

The CONFRONTING OF The SECONDARY CLEAR LIGHT, OR THE WILLINGNESS TO BE RESPONSIBLE FOR THE STATE OF LOOKING

According to your efforts to open the Central Nervous System during this lifetime, the vital force flows down into either the right or left nerve channel, and then goes out through any or all of the openings of the body.

Then a very lucid state of mind comes over you, sometimes called ecstasy, or a state of high indifference.

Stay calm and let experience take you where it will. You will probably re-experience the ecstasy of illumination once again. The first radiance knows no self, no concepts. The secondary experience involves a

certain state of conceptual lucidity. The knowing self hovers within that transcendent terrain. You will be assuming a location outside the body, and you will wonder whether you are dead or not. From viewing your surroundings as they are, You will flash in and out between pure egoless unity, and lucid non-game selfhood.

Remain the witness before this state where objective reality, and subjective reality, meet face to face.

Meditate on Osho now . Don't be distracted. Meditate upon him as if he were the reflection of the moon upon the water, apparent and yet non existing in itself. Meditate on Osho as if He is the dear light itself, because **he is the reflection of your own spiritual nature**

2 meditation bells

PART II - EXPERIENCING the REALITY OF the MIND, OR THE WILLINGNESS TO BE RESPONSIBLE FOR THE STATES OF EMOTION

This is the stage in which the transit apparitions begin to appear, in the low unwinding of consciousness proceeding from exposure to the time stream. Even though you have missed the primary clear light and the secondary clear light of the first stage, It is still possible to attain spontaneous liberation in this second transit stage,

While in the state of being outside the body, because of not having a body to help you confront, you eventually become awed, frightened and terrified from the impact of light and sound, and so become exhausted. Therefore you will begin to interpose mental image pictures between yourself, and the incoming lights and sounds, which are easier to confront. These mental image pictures are from your past experiences: therefore you begin to re-experience your own life.

Please give me all your awareness in what I am going to say:

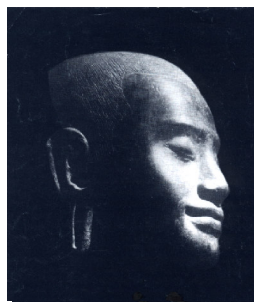
There are six states of life, three of which you experience after death. The first of these three you experienced at the moment of death, and now you are going to experience the others, which are the reality of the mind, and rebirth.

LISTEN TO WHAT I AM SAYING WITH FULL AWARENESS: Death has now come to that body. You are departing from this world, but you are not the only one. Death comes to all. Don't cling to this world out of desire and longing, or from weakness. Be willing to release any connection with the life you have been living, and release the people with whom you have been associated.

Whatever fear or terror might come to you during the experiences of the reality of the mind, keep these thoughts in your consciousness and go forward:

Visions may appear to my consciousness, may I recognize them as creations of my own. May I know that these are natural apparitions of the mind, and come from my previous lack of responsibility for my previous states of being. May I not fear the beingnesses which will appear in my consciousness, but recognize them as thought forms of my own previous states of being.

Don't forget this vital secret within your secret heart



Now listen! When the body and consciousness were separating, You must have glimpsed something of the pure truth, subtle, brilliant, dazzling and awesome in its appearance, like a mirage moving across a landscape in a continuous stream of vibrations, both expanding and contracting all at once. Don't be afraid of that. It is only the radiance of your own beingness.

From within the midst of that radiation, the natural sound of reality, rumbling and reverberating like the sound of thousand of thunders will come to you. Don't be afraid of that sound. That sound is the natural sound of your own clear light beingness, your own genuine self. It is your own sound.

The body which you now have is called the thought body of habit and unconscious desires. Since you don't have a material body of flesh and blood, light and sound cannot harm you, and you are incapable of dying. Whatever comes to you -sounds, lights or radiations - is unable to harm You. Let it come: the more you try to resist the thought forms that will come at you in a little while, the more off-balance you can become. Recognize that any mental image pictures which occur are your own creation. Maintain that recognition, and you will achieve liberation.

Assuming that you may have been unwilling to take responsibility for the mental image pictures of your past, in your mind you will superimpose a series of other mental image pictures from your earliest times in this universe, moving forward to the present. However, you will only be conscious of these pictures of past experiences which you are able to confront. You may fall into a state of unconsciousness until pictures of experiences that you are capable of confronting, appear in the mind.

2 meditation bells

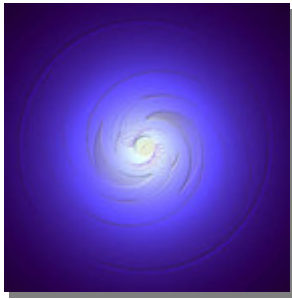
FIRST DAY OF TRANSIT

You have been in a fainting blackout for some time. Look around you and recognize the world of transit. All seems to be in a swirling uproar. The phenomena you are about to see are nothing more than the primal forms of your own consciousness as they separate. Your ego-consciousness will begin to fall apart, and you will be left with nothing to think without your supreme knowingness. The space you are in now will seem to be a deep blue colour.

First you will see the matrix of space, the realm in which all phenomena arise. This blue lighting is the component of consciousness called space, which is the primal form of matter.

Remember that you will recognize that You are confronting the reality of your past experiences. From the complete field of deep blue will appear a blue light with a radiance so bright that you will scarcely be able to look at it. The light will hit You in the heart, and along with it there will be a dull white light coming from the world of proudness. If You are still attached to your karma, this blue light will dissolve it away. The blue light is associated with your past beingnesses when you were wise and knowing, and it dissolves all sense of ego, and tendencies toward habitual action and thought.

Associated with the tremendous radiance of the blue light will be fear and terror of it, so that you will desire to look at the dull white light instead. Don't allow yourself to be drawn to the dull white light, which is an obstruction to you on your path to liberation. The fear and terror are caused by what you experienced in the past when you abandoned the beingness of Wisdom. Do not be awed by the blue light, which appears shining, dazzling and glorious, but hold firm and conceive that this light is of your own past beingness: bathe in it; rejoice in it. be happy that you are being cleansed



In intense humble trust you will merge in a halo of rainbow light into the heart of the dear light, and attain completion as the seed of all universal forces- the realm in which there is no fall, the state where there is no Union because there is nothing with which to be united.

2 meditation bells

SECOND DAY IN TRANSIT

If through weakness, you have been unable to confront the beingness of the blue light, then will appear to you a white light.

Now listen without getting distracted. A lot of things seem to be going on that require your awareness, but none of that will hurt you or do anything to you, unless you give it the power to affect you. Keep your power within you, and listen to what I say:

On this day the Primal Component of pure form is going to shine, white, luminous and brilliant. It is the basic component of consciousness called water.

The white light will now begin to appear. This is the beingness which you had when you were happy, with the ability to create life forms.



This light will shine bright radiant white, with such dazzling brilliance and transparency, that you will scarcely be able to look at it, and it will strike against your heart.

It will clear away violent anger and hatred. Alongside the white light will be a grey-black light coming from the unconscious world. The emotion of anger will make you afraid and startled by its dazzling white light, making you wish to flee from it, and you will desire the grey-black light.

Confront the bright, dazzling transparent white light, and know it to be a state of being which you once had as the ability to create conscious order. The attracting beams which shine forth from this light, were your own past efforts in helping others. Put your trust and humility in that dazzling white light. That light is grace, and you can safely be and relax in it. Sit right inside that radiation- it is good for you. Meditate if you can. Trust in that light, because it is the drawing power to pull you up, away from the dangers of the transit world.

Concentrate all your attention on the dazzling bright white light, and in this way, with humility and trust, the white light will merge into you in a rainbow light of the heart of the central sun, and attain to complete Union in supreme blissful happiness.

2 meditation bells

THIRD DAY

If you are unable to confront your situation because of pride, or through lack of understanding and responsibility for the emotion of anger, the primal form of the element earth is going to shine outward like a yellow radiant beam. This is also a period of internal flow. You will witness raw, molecular, dancing units of energy.

Allow yourself to pulsate with the vibrations around you. It is the primal form of feeling and sensation.

The yellow light will now begin to appear. This is the beingness which you had when you had a tolerance of your fellow beings. It will appear dazzlingly yellow, with spheres of yellow light around it, so clear and brilliant that it hurts to look at it. A brilliant yellow radiation will strike you so suddenly, although you'll know it is coming before it hits you. Right alongside that blast of brilliant yellow light, the dull greenish light of the human world will also hit your heart.

If you have any egoism left, any pride of being anyone in particular, you will be afraid of the brilliant yellow light, which dissolves all sense of ego. You will at the same time be attracted to the dull greenish light coming from the human world, because not only doesn't it threaten your ego, it even offers to protect it.

Confront the dazzling yellow transparent light and know it to be the wisdom of equality. Know that your fears are the fears that you had when you lost your beingness of the ability of tolerance for your fellow beings. Know that the radiance and the fears are of your own creation, and thus in confronting the brilliant yellow light it will merge into you in a halo of Rainbow light called the Rainbow bridge, and attain completion.

2 meditation bells

FOURTH DAY

Through desire and stinginess you may have obscured the beingness of the yellow light, and you may have tried to run away or to avoid getting help.

Now the form of the element fire along with the dull red light of the world of unconscious desires, proceeding from greediness and insatiable hunger for things, attachment to objects, and possessiveness towards accumulation of things will appear to you.

Now listen closely and don't let the things that seem to be happening all around you distract your attention. Now the red light, which is perception, will appear. The red light will remind you of your own circulatory system that you had while in a physical body. Allow yourself to merge and flow with your inner sounds.

The fire-flow of your own internal unity is moving into visionary giants, in the form of intense feelings, and fluid electricity.

Now the red light of the all discriminating beingness will appear. It is glittering red, bright, transparent, glorious and dazzling. It will strike against you so radiantly that you will scarcely be able to confront it. Along with it a dull red light will appear and, through the influence of the desire to have and possess physical things, you will become terrified by the dazzling red light and will fear it, and you will desire to look at the dull red light instead.

Know that the glorious transparent and radiant red light is your former beingness as a discriminating person. Recognize that your fear of the red light is the fear that you felt when you lost the ability to discriminate clearly.

If you become attached to the dull red light, you will be born into the world of unconscious desires. Confront the bright red light and know it to be a creation of your own.

If you are still possessive and attached, and afraid, then let the dazzling red light cleanse you. In this case, just form your thoughts in this way:

It is the ray of grace, and I will take refuge in it. This is the cleansing ray of the grace of your spiritual master.

Thus you will merge into the heart of the universe, in a rainbow bridge of light, and attain completion in the blissful happiness of consciousness.

2 meditation bells

FIFTH DAY

If through desire for physical things, you are unable to confront the red light, you will be unable to maintain your Separation from bodies, and you will have to seek liberation through rebirth.

Today the element air will come to you. at this stage all solidity is gone. You will see patterns of light waves and acoustic waves. All is electric Maya, the two billion year dance of waves. No one part of It is more real than another.

Now listen with awareness, and don't get distracted:

The Primal component of consciousness called Concept will shine as the light of wisdom.

A green light will now begin to appear. This is the beingness you had when you were successfully able to perform conscious actions. This light will shine bright radiant green, glorious and terrifying, beautified with orbs of green, and it will strike against you so brilliantly that you will scarcely be able to confront it.

Know that the radiant power from the green light is your ability to perform actions. Along with the green light a dull green coloured light will appear, which is produced from the cause of the feeling of jealousy. Ignore it, and confront the dazzling glorious green light. The terror that you feel is from the influence of the intense jealousy that you had when you lost the ability to perform conscious actions.

The hook rays from the glorious green light are from your past willingness to work. Accept them and know that the brilliant green light is your own past ability to act. Know that the brilliant green light is your own creation.

If you can't allow yourself to trust it, then just form your thoughts in this way: It is OSHO's grace. Rejoice in it and trust in it, and you will merge into the heart of the Universe in a rainbow bridge of light, and attain completion in perfected conscious actions.

2 meditation bells

SIXTH DAY

If, after having been told to confront the various stages, you have done so at any stage successfully, you shall be freed of the rest of the mental phenomena of the mind. However, if through long tendency to become attached to physical things, and lack of familiarity with the spiritual aspects of life, and by the power of your own irresponsibilities, your own past action was not sufficient to help you through confronting the lights, you will make appear in the mind the various stages which follow:

You might still be wandering, spiralling downwards because of the feelings of confusion, terror and awe generated by exposure to the lights, sounds, and radiations, and the threat of being stripped of your attachments to a familiar reality, or central egoistic reference point. So on this day, ALL of the lights will appear to you.

Listen to me undistractedly

Now, a huge explosive crescendo of the lights of all five beingnesses, called the lights of the union of consciousness, will appear to you all at once. The lights of all five of these former beingnesses will reach out for you, and strike against you.

All the radiations of the lights are your own divine thoughts shining upon you. Don't become attracted to them, don't become weak or afraid. Remain in the state of non-thought formation. Stay in the mood of a man witnessing his own body drifting down-river without trying to grasp anything to stop its flowing motion. Don't break the natural flow of mind with thoughts.



If you remain in the detached state and know that you are creating these beingnesses, you will confront them with all their radiance and power until they merge into you ,and you will re-attain these beingnesses ,and attain completion.

Accompanying these beingnesses will be other former beingnesses that you had when you looked after plants and animals; when you were responsible for mankind,when you were a mediator of your fellow beings, when you were a teacher, and when you were a warrior. In all ,many past beingnesses of yours may appear. These various beingnesses you are now creating to help you confront the various lights. The lights you are using to help you confront the environment about you.
The environment does not come from somewhere outside you -it comes from within your own heart. All these beingnesses issue from within your own heart, to pour their radiations on you.

You have brought up beingnesses of your own with which, when you were able to be them, you could confront the various lights and the environments.

If you have remembered the teachings, you will have recognized the meaning of all these lights which have struck against your heart, as being the reflection of your own inner light, and having recognized them as your own ,and having during the last lifetime grown intimate with them through constant practice and meditation, you will know what they are, and what they are for, and have understood them during this confrontation as a son understands and recognizes his mother. Having become familiar with the unchanging truth , you will have produced in yourself the tranquility of Samadhi, and having merged into the body of the perfectly evolved Intellect, you will have obtained in this way Completion in the central sun, from which there is no return.

And so by confronting these you will come to recognize the truth, if you are destined to be liberated. Many attain their liberation in this way.

If you have no thoughts or likings for any teaching, meditation or prayer, or have failed in your life-purpose to yourself, or through the power of illusion having not recognized the Truth although confronted by it so many times in the last several days, you will still be continuing to spiral downwards.

2 meditation bells

SEVENTH DAY

If you have been unable to take responsibility for your past beingnesses, and you have been unable to confront the senior and junior beingnesses which were capable of knowing, you will begin to make appear in the mind beingnesses of varying degrees of knowledge, proceeding from a more knowing beingness, with a gradual increase of unawareness and darkness.



In front of the radiant lights the knowledge holding beingness will appear. At the same moment, the pathway to the brute world, the world of darkness and passion for ignorance and unknowingness will open up to you, and try to attract you.

Now listen to me and don't be distracted by what you think is going on within you or around you right now. The beingness of curiosity, along with the desire to know about human life, and an intolerance of death, mixed with a refusal of help, will appear in the forms you had when you demonstrated these traits. This beingness, or these beingnesses will generate a confusion which will be very difficult to tolerate, and from behind that confusion will shine forth the five radiant lights of wisdom and recognition. You will be tempted to be ignorant instead of knowing. You will be driven by a desire to destroy rather than to understand.

From the center of the Brilliant Rainbow Radiation the sound of the Shining clear Light will reverberate like the sound of a thousand thunders. This sound will come with a rolling reverberation which will sound like a mob of millions of insane hunters screaming.

Chanting and war songs will seem to come from everywhere. Don't be afraid! It's just your own intellect creating significance where there is none. These sounds are just what they seemed to be at first: Rolling Thunder.

Know that these confusions and these lights and these desires are of your own creation and cannot injure you. Reach out for the rays extending from the five lights and, holding the awareness that you are capable of knowing, you will draw towards you the lights, and they will merge into you and thus you will regain the ability to know.

Having now fallen to this lower stage of transit, you must look to the worlds which are worlds of embodiment in the world, rather than the Central sun, as places of refuge. You must now restore your death-energy with self-generated energy. If you have not been trained in meditation to do this; you will have to witness the following stages to rebirth.

2 meditation bells

The next phase is a continued unwinding or unravelling of consciousness as it was accumulated in this material world, but on a more accelerated pace--- that means that the same process is going to continue, but on a more drastic level. The hurricane is about to begin-- after gathering strength the storm is about to let go full-blast.

What takes place is a recapitulation of the foregoing beingnesses in their unconscious aspects. You will go through a series of unconscious periods between the appearance of the various beingnesses-

The experiences which you will undergo are usually beyond your capacity to understand, and you cannot successfully handle them. It is not knowledge or data which you need to successfully handle these experiences, but TO BE WILLING AND KNOWING CAUSE over the phenomena which appear in the mind.

In this stage, the intellect isn't going to have a moment's rest. No sooner does one change stop, than another one begins. In a very short time, the radiations are going to be too fascinating not to watch. You may not be able to take your attention away from them again once you are drawn into it. If you haven't been very well trained to remain in a transcendent state no matter what is going on, you haven't got a chance here. The intellect is kept continually in a state of alertness and fascination.

Only constant practice can get you over this stage if you find yourself in it. Even the most highly disciplined seekers have made mistakes at this Stage, and - not Remembering Self - have wandered into the material world.

Someone who has had even a little practice in the Esoteric Science or the Craft of Dying will be able to recognize these angry apparitions as emanations of his own unravelling accumulated world-intellect. You will recognize your own teachers, and your own learning process of understanding, and the meeting will be as if between brothers and sisters.

You will trust your brothers and sisters, and become merged with them during at-one-ment, and attain instant completion.

If you have been meditating on the descriptions of these angry shadows and apparently nasty apparitions during the time you were in the human world, have become not only familiar with them, but also have developed some affinity or liking for them, and have learned to greet them as your friends, when you see them now in Transit, you will remember and therefore recognize the reality of the situation. You will thus be able to attain liberation.

THIS IS THE KEY TO THE ART OF DYING.



EIGHTH THROUGH FOURTEENTH DAY

Listen to me undistractedly! Not having been able to recognize the constructive aspects of your former beingnesses, you have obscured them through confusion. The destructive aspects of your past beingnesses will begin to appear in order to obscure your consciousness. The forms which you are capable of projecting will now take on heroic proportions. These beingnesses, while less powerful and therefore easier to confront, have more repulsive and more disgusting aspects and thus you will wish to turn away from them, but recognize them as your own past beingnesses and know that you are creating them now in your mind. They are concrete embodiments of aspects of yourself. This recognition will cause them to merge into you and thus you will obtain the ability to tolerate irresponsibility.

Several of these beingnesses will appear. By recognizing that you, in no way, may be injured or affected by the fearsomeness and repulsiveness of these beings, you will regain the abilities of the beingnesses contained within them.

You will experience many body forms made of light, performing many acts which are frightening and disgusting. Recognize that your fright and disgust was the fright and disgust that you felt when, being such a being yourself, you were opposed by another such being, and were overwhelmed. Know that you are now creating the acts and emotions and thoughts the same as when you were overwhelmed and lost your tolerance for such beingnesses, and thus knowing, all the fear and disgust is dissipated, and you will regain your lost ability to tolerate fear and fright.

2 meditation bells

Those still not recognizing the truth will bring upon themselves the third phase of the After-Death- Experience.

PART III

SEEKING REBIRTH OR THE WILLINGNESS TO BE RESPONSIBLE FOR EFFORT ; -RECREATION OF CONSCIOUSNESS-

This part of the after-Death experience is concerned with curiosity about, desire for, enforcement of, and inhibition from bodies.

In this period you will find yourself struggling to regain routine reality and your old ego. It is a period of transition from transcendent reality to the reality of ordinary life.

Having been unwilling to be responsible for the mental phenomena that have appeared to you in your mind, you now begin to undergo mental phenomena having directly to do with human body forms.

Listen to me well. When you were experiencing the radiances of the constructive and then destructive aspects of your former beingnesses, you were unable to confront them and so would pass into a state of unconsciousness, and now having recovered from that state, find yourself with a body made of light, resembling your former body and having the same facilities of sense, but endowed with the ability to move at will. You are visible to beings who are outside of their bodies, but not to beings who are in their bodies. This body is originally the result of your curiosity about it, so that you created a thought-form image of it, and from your desire to have it, you have caused it to persist.

Even though that body can't die, it doesn't mean that it can't feel pain. This body also has sensations, just as the destructible and corruptible body had. As a matter of fact, since it doesn't have a threshold for pain as the material body had, it allows even more sensations, perhaps more than you thought you could ever bear.

Depending on chance and some influence through the force of habit, you will be born into that world that corresponds to the ego form that your consciousness forms into.

Whatever you think you see now don't get into a state of desire about it. If you do, you will be pulled into rebirth into that world.

You are getting ready for rebirth simply because you haven't yet realized that all these experiences you've been having, and cognitions you have been arriving at are just your consciousness unfolding and folding once again, and that all you were seeing were the basic module forms of your own beingness. If you are now able to relax and let yourself just be the pure luminous non-located emptiness, and continue to be in a state of non-action, without trying to reach for or withdraw from anything or hold on to anything you need in order to stabilize yourself, then you can still attain spontaneous liberation, and you won't have to be reborn. If you still have difficulty in realizing that all this is your own consciousness, then just be visualizing your spiritual master, and get into a state of non-attached Devotion towards his being.



Please do it- it's very important that you make some effort at this point. Don't allow yourself to wander off that meditation. You will feel lethargic and exhausted at this point, and you'll want to give up. Surrender was a good idea a few days back, but now it's not the thing to do.

You will begin to have visions of your future place of birth. Instead of being attracted to the vision of your place of rebirth, rest your mind undistractedly in a nothing-to-do, nothing-to-hold-onto condition. Concentrate on OSHO and leave your mind in an unformed state of emptiness, and you will be free from having to have a body to which your past experiences would attract you.

As you recover, your consciousness rises up, like a trout leaping forth out of water, striving for its original form. Your former ego has started to operate again. Do not struggle to figure things out. If through unawareness you are attracted to action and thinking, you will have to wander through the world of game existence, and suffer pain.

Float back to the unobscured, primordial, bright, empty state of your being. Allow your spiritual master to overshadow the crown of your head.



Listen to me carefully!

With all the senses intact, wandering through endless endlessness, you now have the power to CHANGE THE DREAM, both being the dream and the dreamer.

Even if while living, your body was blind, deaf, or lamed, or impaired in some way, the body you have now will have all its sense organs intact, and very keen and complete. Take this as an indication that you are deceased and wandering in the mental phenomena of the mind.

Keep this in mind: You have a body seemingly fleshy, resembling the former body, endowed with all sense faculties and the power of unimpeded motion, possessing mental miraculous powers.

This is a description of your present state: Unimpeded motion implies that your present body, being a desire body, is not a body of gross matter, and that you have the power to go through any wall, hill or any physical barrier without being impeded, except a baby body about to be born, or the brain of an unoccupied body. You are empowered with the ability for miraculous actions. You can in a moment travel to any spot on the earth. Your movement is under the power of your thoughts, and so any thought you have is likely to move you to, or place you in, that area of space and time.

Now you have mental miraculous powers: powers to alter your place in reality. But don't depend on these powers. They are simply powers to change the dream. This implies, that only beings who are in a similar state as yourself, will be able to see your body. Instead of being concerned with them, ignore them and keep your attention upon the state of clear awareness.

You will perceive many places which you may have desired to see on Earth, and people, as if you were seeing them in a dream. Don't desire to be with them, or make friends with them. Just concentrate on OSHO instead -

In this state, and in this body you will now see your family, friends and home of the last lifetime, as if you were there with them once again. But no matter what you do or say, they won't respond. Let go of any idea to influence them, or to communicate with them. You might be feeling regret at the thought of all that you once were, or believed yourself to be. Let go of all that. You can't hide there anymore.

Your path is now strongly set for rebirth, and you'll feel driven by a powerful wind behind you. That's the wind of karmic desires, inclinations and tendencies, and is nothing but your own attractions and repulsions about existence.

There might be some confusion at this point about what's happening to you because it will all seem at the same time ordinary and yet somehow strange. There will be a grey, dim light both night and day. This is the natural light of all things and it is diffused everywhere.

2 meditation bells

You will continue in this state for from one to seven weeks or longer, depending upon your past notions. You will experience during this time all of the hard-to-tolerate, confusing mental phenomena. Do not be afraid of what you see - it is your own attention, wandering through the mind.

Great masses of blackness will appear in front of you. Gusts of wind and icy blasts. Humming and dicking of the controlling machinery, mocking laughter. You may imagine fear producing remarks: guilty, stupid, nasty, inadequate... Such imagined sounds and paranoid nightmares are the residues of ego-dominated game-playing.

You will imagine that you are being hunted like a wounded animal, and sounds of hunting will be heard. Don't be afraid of that: it's just your own paranoia that those, against whom you committed what you consider to be negative acts, will catch up with you while you are in this vulnerable condition. People who have done many evil things will re-experience their evil acts coming back at them, and bitter cold and fierce winds striking them, and visions of being pursued by many people.

You will feel as if a great disaster is about to happen. You may feel earthquakes, floods, fires, or the explosion of hydrogen bombs. These are only the results of tendencies as of aggression, passion, and ignorance within your partially reformed consciousness. When all this starts happening, just meditate on OSHO.

Remember HIS presence, and form your thoughts in this way:

BELOVED MASTER, please don't let me forget what's really happening. Don't allow me to fall into the pit of unconsciousness once again. Please help me to find a good rebirth, where I can work on getting rid of this unconscious ego, and learn to be myself. I who am in reality the pure, luminous emptiness.



2 meditation bells

Persons who are terrified by the awesome sights and sounds will flee from them, not caring which direction they take. There will be three abysses which will block their way. These are actually anger, lust and stupidity, but appear as white, black and red abysses.

The feeling of falling into these abysses is actually the feeling of falling into the womb to be reborn. If you are one of these people, keep this thought in mind: I shall be born into a happy world -and act in such a way as not to forget this.

Others who have done many creative acts in their past, will experience delightful pleasures and happiness during the experiencing of the mind; and those who have neither merits nor evil deeds will experience neither pain nor pleasure, but will experience a colourless state of boredom.

No matter which state you should experience, don't fear the terrors and don't desire the pleasures, but remember: I am responsible for all I see and all I create. Keep this in mind without thinking that you are thinking it.

Because of your inability to maintain control over your thoughts, you will oftentimes feel disturbed and even panic stricken, and you will become incoherent at times. In this state this thought will occur to you.' Alas, I am dead . What shall I do ?- and because of this thought, that which is basically you, that which is conscious, will be sad and experience a feeling of great loss and infinite misery. Since you cannot rest in one place, you will feel impelled to go on, but don't think of these things, instead allow your mind to be in an unformed state of emptiness.

You will think of your home, and you will be there once again, and you will see your relatives and your own dead body, and you will think: Now I am dead. What shall I do ? and being oppressed with intense sorrow, the thought will occur to you: Oh, what would I not give to possess a body ? , and with this thought in mind you will wander about seeking a body. Even though you could re-enter your own dead body many times over, it will be of no use to you and, finding no place to enter into, you will be dissatisfied and have the sensation of being squeezed in cracks amidst rocks and boulders These are signs that you are trying to force a return to your ego.

Just like a fish cast out of water on red-hot ambers, you will wonder where you will ever return. Do not struggle to return. Put aside the desire for a body. Maintain the mind in an unformed state , and so maintaining, you will obtain liberation.

Because of your inability to confront your mind and control your attention, you may still not recognize your state. Understand that what you are suffering from comes from your own past behaviour, for which you have not been willing to be responsible.

It is not due to anyone else. Keep in mind that your own basic goodness is with you through what is about to transpire.

Now will begin the reviewing of all of your creative deeds, and comparing of them to all of your negative or destructive deeds. You will be feeling very intense and serious while you are justifying all your actions. You will shake and shiver and be afraid to admit that you don't know what is really going on. When your negativity comes up, you will attempt to lie and say: I have not done such a thing , or: It wasn't really my fault!... Then all of a sudden all the things that you consider to have been wrong actions that you have taken will appear in spite of your protestations. Than that past beingness of yours, which has been keeping track of all of your actions will bring up your own memory and show you what you have done. Lying will be of no use to you now.

At this point you might realize that this is just your own expectation, and that your karmic tendencies are bringing all this about. If so, you might be spontaneously liberated right here and now.

If on the other hand you are really heavily identified with this drama, you will carry it even further. One of your past beingnesses or aspects of yourself will torture your present body in the most painful ways, but you are incapable of dying.

Don't fear these things. Your body, being a mental body and incapable of dying, is in reality a formed-up nothingness of your own creation. Emptiness cannot injure the emptiness of your body. Keep conscious of what is happening.

Soon a great emptiness, as if a huge weight has been lifted from you, will come over you



2 meditation bells

Now listen to me undistractedly . In the state that you are now experiencing, the true state of the mind is an empty state of willingness to know and of knowingness uninterrupted by knowledge. Conceiving and understanding this state is what separates enlightened beings from all others.

If you are still attached to people, things, images and roles, offer your attachments as a present to OSHO. Give them up right now to your spiritual master . Offer Him your pain and your pleasures, - Let them go.

Be undistracted now, for in this moment of time you can achieve enlightenment. Up until now you may not have recognized the true state of mind, but by doing so now you will obtain self-liberation and awareness of your buddha-nature.

Reality is nothing but an emptiness. That emptiness is not the emptiness of nothingness, but an emptiness at the true nature of which you feel awed, and before which your consciousness shines more clearly and lucidly.

If you are still unable to control your attention, remember your spiritual master and the way you felt in His presence, the love and the unconditional acceptance that he gave you. Hold on to your awareness of him through the experiencing of the mind and even though you may be born again, you will not be hurt.

2 meditation bells



Now.... in choosing rebirth, the more aware you are, the less likely you will want to choose a couple in passionate or aggressive lovemaking. The womb is chosen by non-movement and quiet inaction, calm and centered emotion. The method of choosing a womb is made easy by the increased and clarified state of knowingness you feel in the third stage of transit.

The real difficulty in the third stage is to close the door to a womb that you do not wish to enter.

And the primary problem now is to be able to recognize a womb because the perceptions are all completely confused, and wombs seem not to be wombs but other objects.

It may have become apparent to you by now, that there are three different types of perception or awareness in transit. On the first stage, the point of creation, you can trust the visions exactly as they appear to you. On the second stage, the point of destruction, you can trust the visions to behave as if true, also. But on this third stage, creating the absence of the creator, you can't trust the visions as they appear, because they have been created to hide or disguise something.

In order to avoid birth you will have to either recognize that anything you see is in fact the shining luminous emptiness, and nothing else, - or you'll have to decode the real meaning behind each of the images you experience, or see.

Now . . there will appear to you six different coloured lights:

dull white, dull green, dull yellow, dull blue, dull red, and black. These different lights will attempt to attract you, to different kinds of rebirth. Ignore them! Conceive of the highest level beingness that you can think of. Remember yourself as you felt before, or in the presence of your spiritual master.

Think upon this for a while, and let it melt away until nothing remains but the dearness of the mind - the knowing Self. By so maintaining clarity, automatic rebirth will not occur, and enlightenment will be attained by you.

Apply the emergency meditation for closing the womb doors:

Now that the state of becoming is happening to me,
I concentrate my awareness without distraction.
And, striving to maintain the results of consciousness,
I close the womb door and without resistance I do not enter.
This is the time for pure thought and effort.
I abandon desire, and let go of jealousy, and meditate on OSHO.

2 meditation bells



THE PROCESS OF REBIRTH, OR THE WILLINGNESS TO BE RESPONSIBLE FOR HUMAN BODIES

Now you are at the threshold between involution and evolution, Between the high and the low. If you fall asleep here even for a single moment you will be reborn without choice. If the concentration of consciousness is focused on your spiritual master and the teaching of meditation you can succeed in becoming liberated even at this late stage.

Now the time has come to learn the five major methods for closing the womb doors, and keeping you from being born into a body which would be a member of an undesirable family. Please be attentive, conscious and alert.

If you have not understood what has been happening to you, at this moment, through the influence of your own past actions, you will have the impression that you are either ascending, moving level, or going down.

Those having the feeling of going up will have the impression of arriving at a place of happiness, and those having the feeling of moving level will have the impression of arriving at a place of indifference, and those having the feeling of going down will have the impression of arriving into a place of misery, and at this time signs of your birthplace will appear.

1. be earnest and have pure affinity for life. Remain in the state of no-mind. If you succeed in this, you will not be born into an unwanted body. If you should fail in holding this awareness you will see mental pictures of males and females in sexual union.

2. Watch and accept your own sexual thoughts at this time. If you try to indulge or escape from these thoughts, you will re-enter on an animalistic or neurotic level. Maintain this withholding, and you will not be

born into an undesirable body. If you should fail in withholding yourself, you will feel yourself entering into a womb and you will have feelings of attachment and repulsion.

3. If you are about to be born as a male, you will have an intense repulsion toward the father, and attraction toward the mother. If you are about to be born as a female, you will feel an intense repulsion to the mother, and attraction toward the father. Be neither attracted nor repelled toward either the father or the mother, but hold in your awareness the beingness of father-mother and, if you succeed in maintaining this awareness, you will not be born into an undesirable body. This is important, because after the fusion of the sperm and ovum you will lose consciousness until the beginning of the process of birth, unless you have had special teaching about remaining fully conscious while in the womb.

Otherwise you'll sleep in the womb until birth, and you will spend the lifetime constantly dramatizing the things you were afraid of in transit.

Resolve right now not to feel aggression or passion. Let them be gone forever!

4. If you should fail, you will experience hallucinations of crashing sounds and frightening apparitions again. Realize that these are only phenomena of the mind, and are as dreams. Ignore them, and they will dissipate. Do not give in to fear! If you succeed in ignoring them, you will not be born into an undesirable body.

If you fail to ignore these hallucinations, there is one last method to be used:

5. Think this thought: All things are my own mind. Keeping this thought, allow the mind to rest in the uncreated state. Keep your thoughts flowing naturally, as the spring flows into the river, and water pours into water. By allowing yourself to rest naturally in stillness and silence, you can be sure that the womb door to rebirth will be closed.

There are many individuals who aren't interested in liberation. They don't know how to make the efforts necessary to liberate themselves. They may prefer to wander astray rather than face the simple and terrifying reality of the pure shining Clear Light. And so they develop minds which will keep them from confronting or even knowing about this. They keep their confusions solid by creating for themselves psychoses, insanities, significance, drives, urges, aberrations, confusion, necessities, purposes, goals, aims, needs, addictions, and problems. All the effort to awaken, in this case, is simply another of those mind games, designed to maintain sleep.

There isn't any effort that needs to be made in order to awaken. In fact, it's just the opposite. Stop making efforts to remain asleep. Simply cease to have anything to do with action and reaction. Don't try to make anything happen or not happen. Let go of your efforts to maintain consciousness and reality. Automatically as these drop away, you will be the only thing remaining. When there's no more struggle to be something, or do something, you will find yourself awake

Don't allow yourself to fall asleep. Guide your thoughts along this path:
I take refuge in the clear light.

I take refuge in OSHO.

I take refuge in the way of the teachings of the enlightened masters.

I take refuge in the sangha, the community of the brotherhood of spiritual souls.

If you can only ask for help sincerely without holding back or feeling pain due to your intense pride, you can **NOW** attain liberation

2 x bells

HOW TO CHOOSE REBIRTH

Even though you've been shown all these instructions so far on how to liberate yourself, you haven't yet understood, and so now the womb door hasn't been closed, and you are definitely about to take rebirth.

When it becomes certain to you that you are going to be born, choose the continent and country of your place of birth. You will feel the driving compulsion to flee from the mind, to enter into a body. However, ignore such compulsive desires, and you will attain the power to select the body of your choice.

Long to be born into a country of spiritual advancement.

There are two ways to choose: 1. Hold in mind the thought of being with spiritually oriented people of wise understanding, 2. Conceive to the type of person you would like to be, and hold this thought in mind.



Enter only into a body for which you feel no repulsion nor attraction, but can have a mood of complete impartiality.

Make the following meditation along with me to guide your awareness: I will be born as a being in the line of the teachings of the enlightened masters, within the school of the teaching, and work in the teaching for the good of all sentient beings everywhere. I will take birth with a father and mother who are embodiments of the Great Father-Mother, and who are within the realms of the teaching.

I will take a body with merits and grace, which can be used for the benefit of all sentient beings. I will practice the teaching in my new birth, and during that lifetime I will perfect myself toward liberation so that all beings everywhere might benefit from my liberation in the next transit. I will not die again unprepared for liberation.

If you are still having trouble choosing a lifetime, no matter what happens from now on, just focus your awareness on your spiritual master in the clear light, and hold fast to that visualization. Call HIM by name.

BARDO

Give up your attachments to your old reality now. Give up your friends, your relations, your knowledge, your understanding of how it used to be; your influence, and your power. Give up your material accumulations.

Enter NOW into the light of the human world, or into the light of eternal existence and consciousness.

follow the light of your heart...



end of BARDO Meditation

