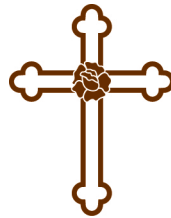


# ROSIKRUCIAN LESSON

## Premortem and Postmortem Assistance for Loved Ones

*We present below a sample lesson from the teachings of the Rosicrucian Order, AMORC. This lesson provides valuable tools to help a loved one more peacefully experience the process of transition – the term Rosicrucians use for what is commonly called death.*



Dear Fratres and Sorores,

For mystics, death corresponds to a rebirth on the spiritual plane and constitutes the most beautiful initiation an incarnated being can receive. As we explained in previous monographs, the soul personality is allowed to free itself from the material world and reintegrate with its true home until the next incarnation. However, few people are aware of this truth and thus many consider death to be the most terrible of trials. Therefore, they are often helpless when the moment of transition arrives. In such circumstances, it is possible to assist and guide them on the path leading to the other world.

Over the last few years, a certain number of associations have been formed to help people who are terminally ill. Some work directly with the patients, in conjunction with the medical profession, while others work at a distance and use prayer. Yet despite what we may think, the attention given to people on the threshold of transition is not new. In certain ancient civilizations, especially those of Egypt and Greece, the dying received special care and were not left to face this final stage of life by themselves. Their friends and family members kept watch over them and comforted them until their last breath. Moreover, religious rites were performed by priests so as to purify the soul and prepare it for entry into the kingdom of the dead. Nowadays, especially in the Western world, many elderly or gravely ill people finish their days in a hospital and do not benefit from the emotional and spiritual support which they should receive. This is regrettable, as it reflects a certain dehumanization of death and an undeniable ignorance of its true meaning.

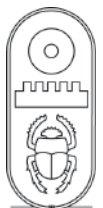
Rosicrucians know particular ways of helping their loved ones go through transition in the best possible circumstances. We specify “loved ones” because these methods cannot be generalized or applied to any person about to die. In

this regard, the same rules of ethics as those mentioned in the Sixth Temple Degree concerning Rosicrucian healing techniques should apply. In other words, we should exercise judgment and make use of these methods primarily with our own family or close friends. Nevertheless, it is always possible, for legitimate or justifiable reasons, to draw inspiration from these methods to help any person on the verge of dying. Always act discreetly and with the sole purpose of helping others in a disinterested manner. The more pure and altruistic your intentions, the more support will you receive from the Cosmic in becoming a channel for the positive forces always at your disposal.

Before introducing the methods that you will want to use when the situation arises, let us first mention that these methods are not limited to assisting the dying during the weeks, days, or hours preceding transition. They also concern the period following death. There exists, therefore, premortem assistance and postmortem assistance, which may remind us of the prenatal and postnatal care of children previously discussed in our lessons. Indeed, it is this form of dual assistance which makes the Rosicrucian work especially effective in this realm, since most of the previously mentioned associations limit themselves to “accompanying” people who are about to die—that is, supporting the patients until they breathe their last breath. This accompaniment is certainly quite valuable and merits all our attention. However, it lacks the mystical dimension which should not be neglected. Indeed, it is also important to help the disincarnated soul personality become aware of its transition and gradually awaken to the spiritual world.

**PREMORTEM ASSISTANCE:** From a mystical viewpoint, premortem assistance takes place on two levels. First of all, the dying person must be assisted on the physical level. In other words, everything must be done to alleviate the suffering that those going through transition often endure. This point essentially falls within the jurisdiction of surgeons, physicians, or nurses since they are the only ones authorized to intervene as required to provide such relief, whether it be at home or in a hospital. They will usually administer medical drugs or analgesics, such as morphine. In this respect, science has made considerable progress over the centuries and now enables us to alleviate most pain due to accidents or fatal diseases. In the past, this was impossible, thus making death even more painful and terrifying.

The vowel sound KHEI (pronounced Kay ee) can also be used when any medical or paramedical means of alleviating pain is administered. As you learned in the last degree, this sound is quite effective in relieving physical suffering and in inducing a subjective state, even sleep. That is why the Essenes and the Therapeutae used it so often in their healing work. To obtain the best results, it is best to intone it in a low voice many times and at regular intervals close to the dying person. Naturally, if the place or circumstances do not allow you to act without being disturbed, work mentally and as discreetly as possible. On the other hand, if for some reason you cannot be with the person you wish to assist, retire to a quiet place and intone this vowel sound while visualizing that person. In so doing, you will provide support for the patient which will be physically beneficial for him or her.



The second aspect of premortem assistance involves the psychological comfort which can be given to the dying. Many people are afraid to leave this world, because they do not know what to expect in the other world and they thus fear the ultimate moment when they will cease to live. This fear of the unknown often prompts materialists or atheists to ponder the existence of the Divine and to return to a religion they once followed and later abandoned for various reasons. Whatever the situation, you must take this opportunity to explain to the dying person what death truly is, while making sure you choose simple words which the person can understand. Talk calmly and with conviction, even if the individual does not seem to hear you, as the soul personality will understand everything you say. If you know the person well, do not hesitate to hold his or her hand while speaking. In so doing, you will establish a physical and psychic contact which will help to reassure this person and will create a closer link between the two of you.

Let us now bring up an important matter. When transition is imminent—for example, in the terminal phase of a cancer—it is inadvisable to comfort patients by saying that they will get better, unless you truly feel this is necessary. Telling such a falsehood, despite good intentions, is often useless. Supposing they believe you, which is rarely the case when the illness has advanced to a certain stage, you would be encouraging them to cling desperately to life and to fight death in vain. It is preferable not to keep such illusions alive but, on the contrary, to help patients accept the obvious and prepare inwardly to cross the threshold to the other world. By acting in this manner, you will spare them further suffering and will help them go through transition, according to the meaning Rosicrucians give to this word. Nonetheless, if you feel that the very idea of dying is traumatic for a certain patient or that the patient's mental state is such that the patient needs to believe that he or she will be healed, be sensitive to such needs and do not destroy any hopes.

If the dying person is religiously or mystically inclined, and no problem arises due to the place or the immediate family, we suggest that you light a candle and burn incense throughout the premortem period, especially during the hours preceding transition. Whether the patient is conscious of it or not, the fragrance of the incense will awaken noble thoughts in the patient and will help him or her ascend to higher planes. You may also wish to play soft and inspiring music so as to create an atmosphere conducive to contemplation, prayer, and meditation. Generally speaking, you must try to establish material and spiritual conditions that will facilitate the departure toward the other world as much as possible. As these conditions are necessarily linked to the person's religious or philosophical convictions, act according to the personality of the dying person and help to make the last moments of life peaceful.

**POSTMORTEM ASSISTANCE:** Let us now consider postmortem assistance. As this expression indicates, such assistance is given after death and concerns the help we can give the soul personality of the deceased as it ascends to the cosmic plane where it will remain until its next incarnation. To provide such aid, we use mystical techniques and act on the metaphysical plane, since material techniques can achieve nothing in this realm. Furthermore, when faced with the death of a

close family member, a friend, or some other person you wish to support in these circumstances, we recommend that you conduct the following work—if possible twice a day during a week. As this work is solely of a spiritual nature, it is unnecessary to be in the presence of the physical body. In fact, it is best that you accomplish it in your Sanctum or in any other place where you will have the necessary privacy.

Sit as when meditating, close your eyes, and relax a few moments by taking deep neutral breaths.

Then visualize the deceased person dressed in white and imagine that he or she is walking on a path leading to a radiant and peaceful white light.

While the person walks peacefully on the path, send the person thoughts of love and see the person happy as he or she gets closer to the light.

Finally, imagine that the person merges completely with this light and progressively disappears in it.

Intone the vowel sound OM eight times while mentally contemplating this light.

Once this is done, open your eyes and offer, mentally or in a soft voice, the following invocation:

God of my Heart, God of my realization, please welcome this being into Your Light, so that her (his) soul may be reborn in the spiritual world and remain there in Peace Profound until the next incarnation. So Mote It Be!

When you have finished, resume your regular activities and do not think about this matter anymore.

Apart from the assistance that can be given to a dying person by applying the methods just introduced to you, we advise you to entrust the individual to the Council of Solace. In accordance with what was explained in the Cosmic Guidance booklet, it is preferable to inform the dying person of the assistance provided by the Council of Solace. If the individual's condition allows, he or she can attune with the council. If, however, you are unable to inform the dying person, or if you feel it is better not to do so, the person will nevertheless benefit from such assistance.

Whatever the situation, you will note that the transition will take place more rapidly and with less suffering. In other words, the person will die more peacefully. Furthermore, the loved ones will be assisted in their time of sorrow and will overcome their grief more easily since they will also receive assistance from the Cosmic.

The next monograph will deal with a question you have surely asked yourself at one time or another: "Are the time and circumstances of transition predetermined?" We suggest that you start thinking about this question today and record your answers in your notebook.

With best wishes for Peace Profound,

Sincerely and fraternally,  
YOUR CLASS MASTER

