

Death, Dying, and the Mid-Life State



Understanding Consciousness Beyond the Body - Practical Exercises and Integration Activities

With Manu Dada - Ancient Vedic Wisdom Meets Modern Psychology

Welcome to your Day 40 Workbook

Dear Soul-Seeker,

Today's task is the deepest of the entire training. Today, you face humanity's deepest fear: **Death**.

This workbook will guide you through:

- Reflecting on your own mortality
- Understanding what happens when we die
- Connecting with your spirit guides
- Accessing your pre-birth plan for this life
- Healing death anxiety and grief
- Preparing to facilitate this sacred work for others

This is not morbid. This is **liberating**.

When you truly understand that death is not an end but a transition—that you are eternal consciousness temporarily inhabiting a body—everything changes.

Take your time with these exercises. Be gentle with yourself. This is the deepest kind of soul work.

With love and reverence, Manudada

 "We are not human beings having a spiritual experience. We are spiritual beings having a human experience."

SECTION 1

Mortality Reflection and Awareness

Let's honestly assess where you currently stand regarding death.

We'll begin by understanding your current relationship with death, then move into deeper contemplation exercises.



Exercise 1.1: Your Current Relationship with Death

Part A: Death Anxiety Inventory

Rate your fear level for each aspect (0 = no fear, 10 = extreme fear):

Your own eventual death
0 1 2 3 4 5 6 7 8 9 10

The death of a loved one
(partner, parent, child, friend)
0 1 2 3 4 5 6 7 8 9 10

The process of dying
(pain, suffering, loss of control)
0 1 2 3 4 5 6 7 8 9 10

What happens after death
(the unknown)
0 1 2 3 4 5 6 7 8 9 10

The cessation of existence
(annihilation)
0 1 2 3 4 5 6 7 8 9 10

Leaving loved ones behind
0 1 2 3 4 5 6 7 8 9 10

Dying before fulfilling life's purpose
0 1 2 3 4 5 6 7 8 9 10

Total Fear Score: _____ (Add all numbers)

- 0-20: Low death anxiety
- 21-40: Moderate death anxiety
- 41-60: High death anxiety
- 60+: Severe death anxiety (consider therapy/support)

Part B: Death Awareness Questions

Reflect deeply on these important questions:

01

First Awareness

When were you first aware of death? What happened?

02

Personal Experience

Have you experienced the death of someone close to you? Who? How did it affect you?

03

Near-Death Experiences

Have you had any near-death experiences or close calls with death yourself?

04

Current Belief

What do you currently believe happens after death?

05

Source of Belief

Where did this belief come from? (Religion, personal experience, reading, intuition?)

06

Confidence Level

On a scale of 1-10, how confident are you in this belief?

1 2 3 4 5 6 7 8 9 10

(Not at all) ----- (Completely certain)

Deep Reflection Questions:

1. What scares you most about death?
2. If anything, what brings you comfort about death?

Exercise 1.2: Reflecting on Your Own Mortality

This exercise is intense but transformative. Find a quiet place where you will not be disturbed.

Guided Death Meditation (20–30 minutes)

Read the instructions, then close your eyes and meditate.

Close your eyes. Take several deep breaths.

Imagine you are at the end of your life—many years from now. You have lived a full, long life. Your body is tired, ready to let go.

You are lying in bed (or wherever feels right). Perhaps loved ones are near, or perhaps you are alone. But you feel peace.

You take your last breath... and then...

You are floating... rising above your body... looking down at the body you inhabited for so many years.

And you realize: **"I am not that body. I never was. I am consciousness. I am eternal."**

Any pain in the body is gone. You feel light, free, expansive.

In the distance there is a beautiful light—warm, loving, inviting. You move towards it.

As you draw near, you feel immense unconditional love. You are **home**.

You have been here before. This is where you came from. This is where you return.

Someone is there to greet you—a guide, a loved one who passed before you, or simply a loving presence.

What do they say to you? What do you feel?

Stay in this place as long as you wish...

When ready, slowly return to your physical body, to this room, to this moment.

Take a deep breath. Open your eyes.

Integration Questions

After this meditation, consider the following:



Experience

What did you experience during this meditation?



Emotions

What emotions arose?



Surprise

Did anything surprise you?



Change

After doing this meditation, how do you now feel about death?



Feeling

Did you feel fear, peace, or something else?



Encounter

Whom or what did you encounter in the light?



Message

What message or understanding did you receive?

Exercise 1.3: If You Died Today

A serious but clarifying exercise.

Imagine you died today—suddenly, unexpectedly. This is your last day on Earth.

Life Review Questions:

Regrets – Not Done

What will you regret not doing?

Regrets – Done

What will you regret doing?

Unexpressed Love

Who did you wish you had said "I love you" to?

Unfulfilled Dreams

Which dreams will die with you, unfulfilled?

Funeral

What would you want people to say at your funeral?

Memory

What would you want people to remember about you?

Final Message

If you could leave one message for your loved ones, what would it be?

Taking Action:

Based on your answers above, what do you need to do differently while you are still alive?



Action this week

What action will I take this week:



Contact

The person I will reach out to:



Dream

The dream I will start pursuing:



Prevention

The regret I will prevent:

Remember: Death is **certain**. Time is **uncertain**. Live accordingly.



SECTION 2

Healing Grief and Loss

Grief is a natural process that demands healing. In this section, we will confront your loss and move towards recovery.

Exercise 2.1: Grief Inventory

List significant losses you have experienced:

Person #1:

Name:	_____
Relationship:	_____
Date of death:	_____
How you found out:	_____
Your age at the time:	_____

How their death affected you:

What you never got to tell them:

Current status of your grief (select one):

- Actively grieving
- Mostly healed but some pain remains
- Healed and at peace
- Unprocessed/avoided

 [Repeat on a separate paper for additional losses]

SECTION 3

Meeting Your Spirit Guides

This is sacred work. You are ready to consciously connect with your spirit guides.



Exercise 3.1: Spirit Guide Meditation

Find a quiet, comfortable space. Light a candle if you wish. This is sacred work.

Preparation:

Set an intention: **"I am ready to consciously connect with my spirit guide(s). I invite them to make themselves known to me."**

Take several deep breaths. Ground and center yourself.

Guided Meditation (20–30 minutes):

Close your eyes. Imagine you are in a beautiful, safe place—a temple, a garden, a cosmic realm. Wherever feels right to you.

This is a sacred meeting place between the physical and spiritual realms.

Call to your Spirit Guide: "I invite my primary spirit guide to join me now. Please make yourself known to me."

Wait. Be patient. Notice any shifts in energy, temperature, or presence.

A being begins to appear or makes itself known. You may see them visually, feel their energy, hear their voice, or simply know they are there.

What do you notice about this being?

- Male, female, androgynous, formless?
- How do they look or feel?
- What energy do they emanate?

How do you feel in their presence? (Safe? Loved? Peaceful? Awed?)

Ask them: **"What is your name?"** (The first name, sound, or feeling that comes—trust it.)

Ask: **"How long have you been my guide?"**

Ask: **"What is your role in my journey?"**

Ask: **"What is your message for me right now?"**

Listen. Be open. Receive.

If you have specific questions about your life, ask them now.

Thank your guide for being present.

Ask: **"How can I communicate with you more regularly?"**

When ready, say goodbye (knowing you can return anytime), and slowly come back into your physical body and this room.

Integration

1

Experience

What did you experience?

2

Presence

Did a guide appear or make themselves known?

Yes No Unsure

3

Description

If yes, describe them:

4

Name

What name, sound, or designation came to you?

5

Duration

How long have they been your guide?

6

Role

What is their role?

7

Message

What message did they give you?

8

Communication

How can you communicate with them more regularly?

How do you feel now, after making this connection?

Exercise 3.2: Daily Guide Connection Practice

Commit to connecting with your guide daily for the next week.

Practice: Each morning or evening, take 5-10 minutes:

- Close your eyes
- Call upon your guide
- Ask: "What do I need to know today?" or "How can I best serve today?"
- Listen and receive
- Thank them

Tracking: 7 Days of Guidance

Day 1	1	
What guidance came?		

Day 2	2	
What guidance came?		

Day 3	3	
What guidance came?		

Day 4	4	
What guidance came?		

Day 5	5	
What guidance came?		

Day 6	6	
What guidance came?		

Day 7	7	
What guidance came?		

After 7 days, reflect:

How has the daily guide connection affected your life?



SECTION 4

Life Review Exercise

Review your current life as if you are looking from the perspective of your soul.

Exercise 4.1: Review Your Current Life (So Far)

Imagine you have just died and you are reviewing this lifetime from the perspective of your soul.

Three Questions:

<h3>1</h3> <p>What have I learned?</p> <p>In this lifetime so far, what has my soul learned?</p> <hr/> <hr/> <hr/> <hr/>	<h3>2</h3> <p>How have I loved?</p> <p>How have I loved others? How have I loved myself? Where have I withheld love?</p> <hr/> <hr/> <hr/> <hr/>	<h3>3</h3> <p>How have I served?</p> <p>How have I contributed? How have I helped others? Have I used my gifts?</p> <hr/> <hr/> <hr/> <hr/>
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Deeper Reflection:

Important Moments

Which moments stand out as most significant in my life?

Pride

Which choices am I most proud of?

Regret

Which choices do I regret?

Teachers

Who have been my greatest teachers?

Patterns

What patterns do I see repeating?

Main Theme

What is my life truly about (main theme or lesson)?

Unfinished

If I died today, what would be left unfinished?

Take Action:

Based on this life review, what do I need to do differently moving forward?

SECTION 5

Pre-Birth Planning Exploration

This is an advanced visualization exercise. Find a quiet place. Take your time.



Exercise 5.1: Accessing Your Soul's Plan for This Life

Meditation (30–45 minutes):

Close your eyes. Take deep breaths. Ground yourself.

Imagine you are in the mid-life state, before you were born into this current lifetime.

You are in a sacred space with your guides and perhaps a council of elders.

You are planning this incarnation—the life you are living right now.

What lessons did you want to work on in this lifetime?

(The first thoughts/feelings that come—trust them):

Why did you choose your family?

Your Mother: _____

Your Father: _____

Siblings: _____

Why did you choose your body?

Your Gender: _____

Your physical characteristics or challenges: _____

Why did you choose this time period and location?

What soul contracts did you make?

Who are the most important souls you agreed to meet, and what roles will you play for each other?

What is your primary soul purpose for this lifetime?

What challenges did you choose to experience (even the difficult ones)?

Why did you choose them? What are they teaching you?

Integration and Commitment

Integration:

Perspective Shift How does it feel to consider that you chose this life?	Approach to Challenges Does this perspective change how you view your challenges?
Focus Knowing your soul's purpose, what should you focus on?	Alignment What changes are needed in your life to align with your soul's plan?

Exercise 7.1: Key Insights from Day 40

What are the 5 most important things you learned today?

- _____
- _____
- _____
- _____
- _____

Exercise 7.2: Change Tracking

Before Today:

My death fear level was: _____ (0-10)

My biggest fear about death was:

My belief about the afterlife was:

After Today:

My death fear level is now: _____ (0-10)

Has anything changed regarding my fear of death?

My current understanding of what happens after death:

Exercise 7.3: Living Differently

Knowing that I am eternal, and this life is temporary and precious, I commit to:

Exercise 7.4: Gratitude for Mortality

Write a letter of gratitude to Death (yes, really):

Dear Death,

With respect and acceptance,

Closing Reflection

Place your hand on your heart. Take a deep breath.

Today, you confronted the great mystery. You explored death—not as an end, but as a doorway. You discovered that beyond the body lies infinite consciousness, eternal love, and the continuity of your soul's journey.

You are not your body. You never were. You are consciousness, temporarily residing in form. You have lived before. You will live again. And in between, you rest in the realm of pure love and light.

Death is not your enemy. Death is your teacher.

Live fully. Love deeply. Fear nothing. For you are eternal.

The most important thing I learned about death today is:

How this changes my life moving forward:

A commitment I make, knowing I am eternal:

Namaste 🙏

Om Shanti Shanti Shanti

"Death is not extinguishing the light. It is only putting out the lamp because the dawn has come." - Rabindranath Tagore

"There is no death. Only a change of worlds." - Chief Seattle