

Conscious Death – Part 2

Leaving the body through the Crown Chakra (practice and guidance)

3 pages

* Must read before starting this practice *

(If you have any physical or mental health conditions/challenges please seek medical advice before beginning this practice, if you have any doubts.)

- If you have any issues with your body, health or severe emotional trauma or are quite new to these teachings and the graduate program, please start this practice very slowly. Perhaps one or two minutes of Om repetition each day only (see below) and then very gradually increasing it to 5, 10 and then 20 minutes. This practice is very powerful so please start slowly and gradually build it up.
- Lesson 2 of the Dissolving the Ego course will help you to work with whatever this meditation brings to the surface to heal and release. Contemplation is an excellent tool. Like any authentic spiritual practice, this meditation will allow all that needs to be released to come to the surface. Please ask for help if you need advice.
- Please make sure you watch **Part 1** titled “**Transcending Attachments and Aversions**” here first before starting this practice:
<https://www.helenhamilton.org/death-and-desire.html>
- The following book is excellent and gives practical advice on meditation and goes deeper into the theory of how the “Om” works and what it is.
https://www.amazon.co.uk/Om-Yoga-Meditation-Theory-Practice/dp/0998599832/ref=sr_1_1?crid=1INKGACZ2CFQA&keywords=Om+yoga+meditation+abbott+george&qid=1687776367&srefix=om+yoga+meditation+abbott+george%2Caps%2C101&sr=8-1
Please note it can be found much cheaper on Apple Books and Smashwords.com here <https://www.smashwords.com/books/view/610521>

Summary of the theory of the practice

The normal death process for the subtle body is eviction through the nearest available chakra that we hang out at, usually according to our vibration. As the body deteriorates and is no longer able to sustain the subtle body's presence, we will be evicted. In conscious death, we opt to leave at the right time before eviction occurs, and have trained ourselves to reside in the crown chakra. Because of this training, we are able to leave by our choice and be conscious enough to choose our destination.

The body is a map of the solar system (a metaphor or representation) and the crown chakra corresponds to the Sun. Each chakra has many subtle levels and in the crown chakra, there is an astral exit to the solar world. This is where we go, if we have done the practice. This exit is not available through any other chakra due to the extremely high frequency of the crown chakra compared to other chakras and corresponds to the sun which is the centre of our solar system (the crown is the centre of our system even though it is at the top of the kundalini channel because it is the gateway between astral, causal and physical planes).

Repeating "Om" coupled to the breath charges the body and mind with the energy of "Om" and when this is continued, even as we leave the body, we will be able to pass through the solar gate/portal by intention. To achieve this, we must have already established ourselves in this meditation and energised the subtle bodies, as well as the physical. Bringing them all into alignment before physical death is crucial. To do this, we must have detached ourselves (our subtle body) from everywhere. It is fused or stuck to the physical body in the waking state. Please see "Transcending Attachments and Aversions" (link listed above)

It is important to understand that mind, breath, attention, life force, subtle body and soul are all one, they are aspects of the same thing and doing this practice will allow us to see this.

Building our ability to concentrate

We are learning concentration, which is to be able to keep attention on the crown chakra for an hour continuously, but we must build this up gradually. At first we will be only able to manage a few seconds before we get distracted and this is normal. As you simply persist in daily practice you will notice your ability to concentrate deepening too and for longer periods. All great Sages and Yogis began like us!

Summary of the Practice

1. Crown chakra focus (attention resting on the top of the head or brain area)
2. Eyes rolled up effortlessly
3. “Om” repetition (called japa) internally, timed with the breath (It is vital you watch the video for full instructions)

If focusing on all three is too difficult at the start, that is totally normal! Begin with the “Om” chant and breath combination as instructed in the video. Later add the focus on the crown chakra and later still you can begin to roll your eyes up.

Your body should be upright, relaxed as much as possible (we will get more relaxed as we move through attachments and aversions). We should have eyes closed when formally meditating and breathing through our nose if possible. (If you cannot sit upright to meditate and must lie down due to a medical condition please take care not to fall asleep). Do not worry about perfect posture to begin with, that will sort itself out as the practice deepens.

“Om” should sound like almost 3 syllables, with the closing of the mouth to form the “m” sound, being very gradual and coinciding with the end of inhale, and beginning of exhale.

Additional points and deepening of the practice

Progress is by intention only – any trying to increase concentration only brings energy down to the solar plexus again.

Energy moves by power of intention/desire/devotion and never actual doing. This must be effortlessly done.

Over time you will work through blockages and resistance in their energy system, nadis and chakras, and the subtle body will loosen itself from the physical body. This will be experienced gradually or suddenly as a feeling of just sitting inside the physical body or sensation of lifting upwards, sideways, or even revolving inside the physical body. Do not be distracted at this point, stay with your practice.

Over time and with practice, you will develop the ability to move your subtle body (you are the subtle body inside the physical body) at will. You will be able to move it to any chakra at will and the focus on the crown chakra is all-important at that time.

By continuous meditation upon the “Om” in formal meditation we can then begin to repeat “Om” internally when we remember during the rest of our day. Over time and with practice, we can be mentally repeating “Om” at all times (although that may not seem possible right now).