Mystical Death is a Psychological Work

“So long as we do not die within ourselves, and so long as we are identified with someone or something, we shall never be free.”
-Farud ud-Din Attar

To die is to renounce habits, to let go of fantasies, to dissolve concepts, to break free of all the psychological conditioning that keeps us asleep in materialism and duality. Meditation is a crucial foundation for mystical death.

When we are sitting in meditation we are dying to, or at least resisting and not feeding, the gross desires to move, speak, check our phones, have a conversation, eat, shop etc. If we are truly doing a psychological work then we are working against getting identified with thoughts, feelings, and sensations.

Within a state of non-identification we can extract the Essence from the ego and work with the Divine Mother to dissolve that ego completely.

Ultimately mystical death is the dissolution of the selfish egoic nature so that the beautiful Essence is revealed.

To know ourselves, to be honest, to self-observe in a disinterested way, and to take responsibility are the first steps in dissolving the ego. In many ways this is a description of gaining psychological maturity, which is a basic requirement before entering into serious spiritual study or discipline.

“Knowing others is intelligent.
Knowing yourself is enlightened.
Conquering others takes force.
Conquering yourself is true strength.”
-Tao Te Ching, chapter 33

“Emerge into life, enter death.
Life is only the thirteen body parts,
Death is only the thirteen body parts.
Human life, moving toward death,
Is the same thirteen.”
-Tao Te Ching, chapter 50

Mystical Death is an Esoteric Work

A process that involves a deep connection to God, particularly in the form of the Divine Mother. She is that part of our internal Being that has the power to separate and extract the Essence from its egoic conditioning.

To die within oneself must be part of a spiritual discipline with prayer, supplication, devotion, love of the divine. Mystical death is a transformation, a transmutation, an expansion into more capacity for compassion and beauty, through consistent psychological work.

“When Truth has overwhelmed a human heart, it empties it of all that is not Truth. When God loves a

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Mystical Death Mirrors Physical Death

Death is a natural part of life although in many modern cultures it is ignored or shunned. But to understand mystical death we must also examine and reflect upon physical death.

With physical death there is a breakdown of our structure, we experience our impermanence in a profound way, we feel pain and suffer.

If in our lives we gained meaning only from material comforts, this will be radically altered during the dying process. Our identity of who we think we are is questioned, doubted, and ultimately dissolved.

To Die Within Oneself

To die within oneself is a mysterious, profound, and necessary part of the spiritual path.

To die mystically, to be reborn alchemically, and to sacrifice for the benefit of all of humanity are the three keys given by Jesus Christ and many other masters.

Samael Aun Weor called these keys the three factors for the revolution of the consciousness and many of his books go in-depth to the processes and science of this profound psychological and spiritual work.