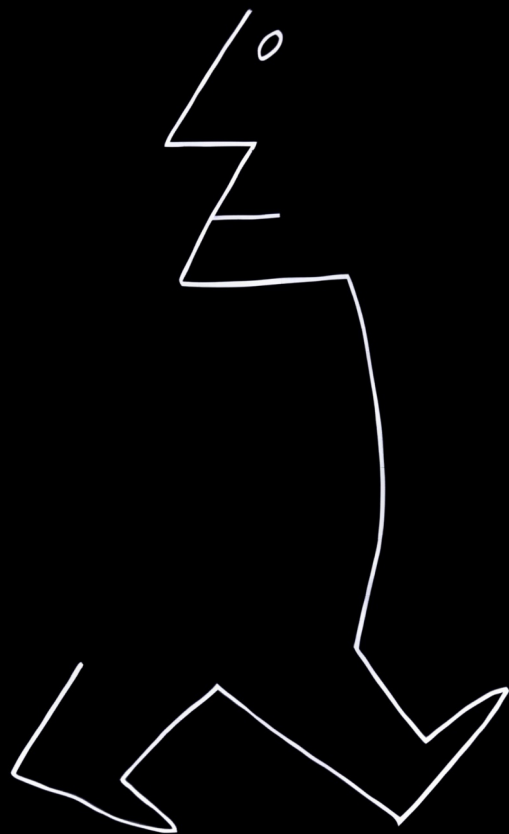


WHAT TO DO
ONCE YOU
ARE
DEAD



VIBHAV

**What to do
Once
You're DEAD**

a nonfiction

Index

Category 1: Letting Go and Detachment

- 1: Cope up with your death
- 2: Let go of your body
- 3: Let go of your identity
- 4: Let go of your habits

Category 2: Separation from Loved Ones and Connections

- 5: Leave your family
- 6: Leave your friends
- 7: Leave your office colleagues
- 8: Leave your pet

Category 3: Reflection and Resolution

- 9: Leave your unfilled dreams and aspirations
- 10: Forgive wrongdoers
- 11: Forgive yourself
- 12: Let go of ego

Category 4: Confronting Fear and Uncertainty

- 13: Let go fear
- 14: Leave behind your items
- 15: Honouring memories

Category 5: Acceptance and Gratitude

- 16. Gratitude and appreciation for the life you got
- 17: Accept the new spouse
- 18: Accept step parents' assets

19: Accept new owners of your assets

Category 6: Spiritual Exploration

20: Embrace your spirit

21: Embrace timelessness

22: Embrace isolation, loneliness, aloofness

23: Embrace the unknown

Category 7: Beyond Mortal Boundaries

24: Witness multiple realities

25: Embrace the judgment

INTRODUCTION

It was that joyous time of Diwali 2016 when the city of Delhi adorned itself with a mesmerizing display of lights. I was excitedly planning to give Diwali sweets to my uncle, a tradition we cherished every year. To reach his place, I hopped onto bus number 544, the one that conveniently connected our house.

As luck would have it, the bus was running late, and I found myself as the sole passenger on board. To pass the time, I decided to strike up a conversation with the bus driver. We discussed how the transportation system in Delhi had evolved over the years and eventually delved into discussing politics.

Suddenly, the driver slumped in his seat, and I panicked, not knowing what had happened. Acting quickly, I rushed to his side and managed to apply the brakes, bringing the bus to a halt. I called out to the conductor for help, only to discover that it was the conductor's younger brother filling in for him on this festive day to earn some extra money. The real conductor was enjoying the holiday and festivities.

The situation took a dire turn when I realized that the younger brother didn't know how to drive the bus. Time was of the essence, and the driver needed immediate medical attention. Drawing upon the CPR knowledge I had gained in my school.

With adrenaline coursing through my veins, I performed CPR on the driver, trying my best to revive him. Though my efforts didn't yield the desired results, I felt a faint pulse, and it gave me hope. I had recently received a learner's license for four wheelers. Thus, I made a quick decision to take matters into my own hands – quite literally – and drive the bus to the nearest hospital, which was only two kilometres away.

I gathered my courage, took a deep breath, and sat behind the wheel. I turned the keys, and the bus roared to life, very much under my control, the sensation of responsibility and power surged through me. I drove cautiously but swiftly.

Thankfully, we reached the hospital in time, and the driver received the prompt medical attention he needed. The driver's family later expressed their heartfelt gratitude to me, and though I felt grateful for having played a role in saving a life, I couldn't help but reflect on the fragility of human existence.

As someone who had faced death and near-death experiences on multiple occasions, I found myself pondering what happens after one's passing. The thought of mortality lingered in my mind, dear reader, it's a fact one day you and I will die, but before that I want to share some thoughts on "WHAT TO DO ONCE YOU ARE DEAD."

Category 1

Letting Go

&

Detachment

1. COPE UP WITH YOUR DEATH

Death can be described as the end of a journey, where the traveller reaches their final destination and cannot continue any further. Just as a road or a path comes to an end, our life's journey eventually comes to an end as well.

Just like how we prepare for a long journey by packing our bags, making plans, and setting goals, we prepare for death by living our lives in a certain way, creating memories, and achieving our own personal goals. And just as we cannot know for sure what lies at the end of a road until we reach it, we cannot know for certain what comes after death until we experience it ourselves.

But just as the end of a journey can also mean the beginning of a new adventure, many people believe that death is not the end, but rather a transition to a new phase of existence. Whether or not this is true remains a mystery, but just like how a journey can bring new experiences and opportunities, death too can be viewed as a chance for a new beginning.

Impact of death on the self & the stages of grieving

The impact of death on the self can be characterized by several stages of grief, including shock, denial, anger, bargaining, depression, and acceptance. These stages are not fixed, and individuals may experience them in different orders and to varying degrees.

- ❖ **Shock and denial:** - They are the first stages of the impact of death on the self. During this stage, you may feel numb and unable to process the reality of the situation. You may find it challenging to believe that you have passed away and may continue to hold on to the hope that you will

come back. You may also experience sensations of nausea and dizziness, even when you are dead.

- ❖ **Anger and Bargaining:-** The second stage of the impact of death on the self is anger and bargaining. During this stage, you may feel a sense of frustration, anger, and resentment towards yourself, why did you die. You may question why this happened and call out the higher power in hopes of changing the situation.
- ❖ **Depression:-** The third stage of the impact of death on the self is depression. During this stage, you may feel a deep sense of sadness and loss. They may withdraw from social interactions of the people you have left behind or people who were available at the spot of your death. "Poor guy, died at a young age" some random Stranger may say, or "I am glad she is dead " an enemy might say. Regardless of who says what, you will be reminded of your death. Which will induce sensations like guilt, regret.
- ❖ **Acceptance:-**The final stage of the impact of death on the self is acceptance. During this stage, you begin to come to terms with the reality of the situation and are able to find a sense of peace and closure. You may still experience feelings of sadness and loss, but you are better able to manage and cope with these emotions.

The impact of death on the self is a highly personal experience that is influenced by various factors, such as cultural beliefs, individual perceptions, and personal experiences. Grieving is a natural and necessary process, and you should take care and support yourself during this difficult time.

The Nature of Death

DEATH is the ultimate culmination of our journey on this earth. It marks the end of our physical existence, and yet, it is not the end of our being. Our soul lives on, beyond the confines of our mortal form.

As we bid farewell to this world, we leave behind all that we have accumulated in life – our possessions, our achievements, our loved ones. But we take with us the essence of who we are, the spirit that animates us, and the memories that define us.

Death is not an extinguishing of life but a transition from one state of being to another. It is like the shedding of a cocoon, the breaking of a chrysalis, or the falling of a leaf from a tree. The physical body may wither and fade away, but the soul remains eternal, like a flame that cannot be extinguished.

The nature of death is both beautiful and mysterious. It is a doorway to another realm, a passage to a new adventure. We may not know what lies beyond, but we can trust that it is a continuation of the journey of the soul.

And so, when we confront death, we need not fear. Instead, we can embrace it as a natural part of the cycle of life, a chance to transcend the limitations of our mortal existence and to embark on a new chapter of our eternal journey. For the soul, death is not an end but a beginning, a doorway to the infinite possibilities of existence.

Techniques for coping with the transition from life to death

You find yourself in a place that is both familiar and unfamiliar. It is a place of darkness, of silence, and of emptiness. You are no longer in the world of the living, but you are not yet in the world of the dead. You are in a state of transition, of being neither here nor there.

As you look back on your life, you feel a sense of regret, of longing, of unfulfilled desires. You wish you could go back and do things differently, make different choices, take different paths. You are unable to make peace with your death, unable to accept that your time on earth is over.

But even in this state of transition, there are techniques for coping with the finality of your existence. One is to focus on the positive aspects of your life, to remember the moments of joy, of love, of connection. These memories can bring comfort in times of uncertainty and despair.

Another technique is to let go of the past and embrace the present moment. You cannot change what has already happened, but you can choose how to respond to what is happening now. You can choose to find meaning in the present moment, to be grateful for the small things, to find beauty in the world around you.

Perhaps the most important technique is to cultivate a sense of acceptance, of surrender. To accept that death is a natural part of life, that it is a part of the cycle of birth, growth, and decay. To surrender to the mystery of existence, to let go of the need for control, and to trust in the unfolding of life.

In this state of transition, you have the opportunity to find peace, to find closure, to find the courage to face the unknown. Even if you are unable to make peace with your death in this moment, know that you are not alone, and that you are held in the loving embrace of the universe.

Accepting your death & letting go

Dear one, the thought of accepting your death can be a challenging one. It is a difficult truth to face, but it is an essential part of the human experience. Death is the final stage of life, the moment when we are called to let go of everything we have known, to leave behind our physical form and start the journey of our soul.

For many, the thought of accepting death can bring up feelings of fear, sadness, and anxiety. It is a natural response to the unknown and the uncertainty that lies ahead. However, it is important to realize that by accepting your death, you are not only preparing for the end of your life but also for the beginning of your soul's journey.

By accepting your death, you are letting go of the past and embracing the present moment. You are allowing yourself to be fully present in each moment, to appreciate the beauty of life, and to connect with those around you. You are no longer caught up in the distractions of the world, but rather, you are focused on what truly matters – the relationships, experiences, and memories that bring you joy and meaning.

Accepting your death also means accepting your limitations as a human being. It means acknowledging that there are certain things that are beyond your control, and that you must trust in the natural order of things. It means surrendering to the mystery of life and finding peace in the unknown.

It is important to remember that death is not an end but a beginning. It is the start of a new journey, one in which your soul is free to explore new horizons, to experience new adventures, and to discover new truths. You will no longer be bound by the physical constraints of your body but will instead be free to explore the infinite possibilities of existence.

One way to practice accepting your death is by reflecting on your life and asking yourself the question, "What truly matters?" What are the things that bring you joy, fulfillment, and a sense of purpose? What are the relationships, experiences, and memories that you treasure most?

By identifying these things, you can focus your energy and attention on what truly matters and let go of the distractions and the noise of the world. You can find peace in the present moment and take comfort in the fact that you have lived a life that is full of meaning and purpose.

It is also important to remember that death is a natural part of the cycle of life. It is the moment when we return to the source, to the infinite intelligence that created us. It is a moment of transformation, a moment of rebirth. Just as the leaves fall from the trees in autumn and are reborn in the spring, so too are we reborn in the next phase of our existence.

In letting go of the physical world, we are also letting go of our attachments, our fears, and our worries. We are free to explore the vast expanse of the universe and to discover the true nature of our being. We are free to connect with the divine and to experience the love and beauty that exists all around us.

In the end, accepting your death is about finding peace and contentment in the present moment. It is about letting go of the past and embracing the future. It is about trusting in the natural order of things and finding joy in the journey of your soul.

As you reflect on your life and prepare for the next phase of your existence, remember that you are not alone. You are held in the loving embrace of the universe, and you are surrounded by the love and support of those around you. Let go of what was done, embrace the present moment, and start the journey of your soul.

Coping with fear & uncertainty surrounding the unknown & the afterlife

Dear one, it is natural to feel a sense of fear and uncertainty when it comes to the unknown and the afterlife. After all, the prospect of leaving behind everything you know and stepping into the great unknown can be a daunting one. However, it is important to remember that just as a caterpillar must leave behind its old form to become a butterfly, so too must we let go of our physical bodies to embark on the next phase of our existence.

In coping with fear and uncertainty, it can be helpful to think of the afterlife as a vast ocean. Just as the ocean is vast, mysterious, and full of wonder, so too is the afterlife. It is a place of infinite possibilities, where the soul is free to explore new horizons and to experience the fullness of existence.

Just as a ship sets sail across the ocean, so too does the soul embark on a new journey in the afterlife. It is a journey that is both exciting and unknown, full of adventure and discovery. Just as a ship must navigate the currents and the winds to reach its destination, so too must the soul navigate the mysteries of the afterlife to find its place in the grand scheme of things.

It is important to remember that just as the ocean is made up of countless drops of water, so too is the afterlife made up of countless souls. You are not alone in your journey, but rather, you are part of a vast and interconnected web of existence. Each soul has its own unique journey to follow, but all are united in the common experience of being part of something greater than themselves.

In coping with fear and uncertainty, it can also be helpful to think of the afterlife as a great forest. Just as a forest is full of life, energy, and vitality, so too is the afterlife. It is a place of growth, renewal, and

transformation. Just as the trees in a forest shed their leaves in the fall and are reborn in the spring, so too do we shed our physical bodies and are reborn in the afterlife.

Just as a forest is full of diverse ecosystems and interconnected networks, so too is the afterlife. There are endless possibilities for growth, exploration, and learning. Each soul is free to find its own path, but all are connected in the larger web of existence.

It is important to remember that just as a forest is shaped by the forces of nature, so too is the afterlife shaped by the forces of the divine. You are part of something greater than yourself, and the journey of your soul is part of a larger cosmic dance. Embrace the mystery, and trust in the natural order of things.

Thus, Just as a caterpillar must let go of its old form to become a butterfly, so too must we let go of our physical bodies to become something greater than we ever imagined possible. The afterlife is full of possibilities, and the journey of your soul is just beginning. Embrace the mystery, and trust in the journey that lies ahead.

Coping with fear and uncertainty surrounding the unknown and the afterlife is a common human experience. Many people find themselves grappling with questions about what happens after they die, and what, if anything, comes next. It can be especially challenging for those who do not have a strong belief system or spiritual practice to rely on.

One way to approach this fear and uncertainty is to recognize that it is a natural part of the human experience. It is okay to feel unsure or anxious about the unknown, especially when it comes to something as fundamental as life and death. Recognizing that these feelings are normal and even expected can help to ease some of the pressure and anxiety around them.

Another way to cope with fear and uncertainty is to educate yourself about different belief systems and spiritual practices. While no one can know for certain what happens after we die, there are many different perspectives and philosophies that offer comfort and guidance. By learning about different approaches, you may be able to find one that resonates with you and helps to ease some of your anxiety.

It can also be helpful to cultivate a sense of presence and mindfulness in the present moment. Rather than focusing solely on what may happen after you die, try to appreciate and savor the moments of your life as they happen. This can help you to feel more grounded and connected to the present, rather than lost in the fears and uncertainties of the future.

Lastly, seeking support from others can be a valuable tool in coping with fear and uncertainty. Whether it is through talking with friends and loved ones, joining a spiritual community or seeking professional support, having others to share your experiences with can help you to feel less alone and more supported.

In the end, coping with fear and uncertainty surrounding the unknown and the afterlife is a deeply personal and individual journey. There is no one "right" way to approach these questions, and what works for one person may not work for another. By acknowledging and validating your own fears and uncertainties, learning about different approaches, cultivating mindfulness in the present moment, and seeking support from others, you can begin to find your own way through this challenging terrain

Sample Manuscript

2. LET GO OF YOUR BODY

The body, a vessel of flesh and bone, is the physical embodiment of our existence in this world. It is a marvel of creation, intricately designed to house our minds and souls, to carry us through life and eventually, to return us to the earth. The body plays a crucial role in both life and death, serving as the conduit through which we experience the world around us and ultimately, as the vessel that carries us beyond it.

In life, the body is the vehicle through which we experience the full spectrum of human emotions, sensations, and experiences. It allows us to see the beauty of the world, to taste its flavours, to feel its textures, and to hear its sounds. It is the medium through which we connect with others, expressing love, joy, and compassion through touch, gesture, and expression. The body is also the source of our strength and vitality, allowing us to move, work, and play with ease and grace.

Yet, despite its resiliency and capacity for growth and renewal, the body is not invincible. It is subject to the ravages of time, disease, and injury, and eventually, it will reach the end of its natural lifespan. In death, the body takes on a new role, becoming a vessel for the soul's departure from this world. It is the final act of surrender, the release of our physical form back to the earth, from which it was formed.

But even in death, the body still holds a sacred role. It is the medium through which we connect with our ancestors, with the history of our species, and with the natural cycles of life and death that govern all living things. It serves as a reminder of the transience of our time on this earth, and of the interconnectedness of all life.

Let go of your body

As we approach the end of our journey in this world, we are faced with the inevitable truth that we must let go of our bodies. For so long, our bodies have been the vessels through which we have experienced the world, the medium through which we have connected with others and the source of our strength and vitality. But now, as we near the end of our lives, we must come to terms with the fact that we cannot carry our bodies with us into the great beyond.

In that moment of transition, as we pass from this world to the next, we are left with only an impression of our physical selves. It is a memory, a ghostly echo of the body that we once inhabited. Yet, even in its absence, the body still holds a profound significance. It is a symbol of our mortal existence, a reminder of the fragility and impermanence of all things.

And so, as we let go of our bodies, we must also let go of our attachment to the physical world. We must release ourselves from the fear and anxiety that often accompanies the prospect of death, and instead, embrace the beauty and mystery of the unknown. We must trust that, even in the absence of our physical bodies, we will continue to exist in some form, that our consciousness will continue to exist beyond the boundaries of our flesh and bone.

In this way, the act of letting go of our bodies becomes an act of profound liberation. We are freed from the limitations and constraints of our physical form, and we are able to embrace the boundless potential of our eternal selves. It is a moment of transformation, a metamorphosis from one state of being to another, and it is a testament to the enduring power of the human spirit.

So, as we approach the end of our lives, let us not cling to our bodies, but instead, let us release ourselves from their grasp. Let us embrace the beauty and mystery of the unknown, and let us trust that, even in the absence of our physical selves, our spirit will continue to shine on, illuminating the world with the radiance of our being.

Losing senses

SIGHT -

As you pass from this world to the next, the colours begin to bleed away

from your sight. The vibrant hues of the world around you fade into a peaceful darkness, as though you are being enveloped in a warm embrace. Your brain can no longer process the images that once filled your vision, but this doesn't fill you with fear or anxiety. Instead, you feel a deep sense of calm and serenity.

As your sight fades away, you realize that your eyes are no longer necessary. They become redundant, for you no longer need them to experience the world. You are now a part of the ever-existing energy that permeates all of creation, and you can feel everything around you in a way that you never could before. You are connected to the infinite wisdom of the universe, and you are at peace with the knowledge that you are a part of something much greater than yourself.

In this state of being, you are no longer limited by your physical body. You are free to experience the world in a way that transcends the constraints of time and space. You are able to connect with the essence of all things, to feel the pulse of life that beats at the core of the universe. You are no longer bound by the limitations of your own perceptions, and you are able to experience a profound sense of unity with all that is.

As you let go of your sight and embrace the energy that surrounds you, you realize that death is not an end, but a new beginning. It is a transition from one state of being to another, a metamorphosis from the physical to the spiritual. And in this transformation, you are able to experience a beauty and wonder that transcends all human understanding. You are a part of something greater than yourself, and you are at peace with the knowledge that you are exactly where you are meant to be.

TOUCH -

As you leave behind the physical world, you notice that your sense of touch begins to fade away. The sensation of your skin against the world around you becomes less and less tangible until it eventually dissolves into the cosmic flow of the universe.

In this moment, you realize that you no longer need your sense of touch. You are a part of the universe, and the universe is a part of you. You are now able to feel every bit of the universe without the need for physical contact. You are a part of the cosmic flow, able to experience the world in a way that transcends the limitations of the physical realm.

You are able to connect with the universe on a level that goes beyond the senses of the body. You can feel the pulse of energy that runs through all things, the ebb and flow of the universal rhythm. You are a part of this rhythm, and it is a part of you. You can feel the joy and the pain of the universe as if it were your own.

In this state of being, you realize that your physical body was just a temporary vessel, a way for you to experience the world in a limited way. Now, you are free to experience the universe in a way that transcends the limitations of the senses. You are connected to everything, and everything is connected to you.

As you bask in the glow of the cosmic flow, you feel a sense of peace and contentment that you have never experienced before. You are a part of something greater than yourself, and you are

exactly where you are meant to be. The universe is your home, and you are a part of it forevermore.

HEARING -

As you leave behind the physical world, the world of sound fades away, and your sense of hearing dissolves into the cosmic flow of the universe. Yet, in this moment, you discover a new way of experiencing the universe that transcends the limitations of the physical senses.

No longer bound by the constraints of the body, you are now able to feel the vibrations that permeate all things. You can sense the pulse of energy that runs through the cosmos, the hum of the universe as it sings in perfect harmony. The vibrations are no longer received by your ears, but instead, they are felt in every fiber of your being.

In this state of being, you begin to realize that your physical body was merely a temporary vessel. Now, you are part of the universe and the universe is a part of you. You are connected to everything, and everything is connected to you. The music of the universe plays on, and you can feel its every note, its every beat.

As you surrender to the cosmic vibration, you feel a sense of peace and tranquility that surpasses any earthly experience. The world of sound may have dissolved, but in its place, a new dimension of experience has opened up. You are now able to feel the universe in a way that is pure and unfiltered by the limitations of the physical senses.

You are a part of something greater than yourself, and in this state of being, you know that you are exactly where you are meant to be. The universe is your home, and you are a part of it forevermore.

TASTE -

As you journey beyond the physical world, your tongue loses its ability to taste.

The moisture that once coated your tongue begins to fade away, and the sensations of sweet, sour, and salty become meaningless to you. Yet, in this moment, you discover that there is a new way of experiencing the universe that transcends the limitations of the physical senses.

You no longer require the pleasures of taste, for the need to eat and sustain your physical body are gone. Instead, you are now able to directly absorb the cosmic energy that surrounds you. This energy is the purest form of energy in the universe, and it nourishes your soul in a way that food never could.

As you allow yourself to be enveloped by this cosmic energy, you discover that its taste is beyond anything you have ever experienced. It is the perfect blend of all tastes, a symphony of

flavours that defies description. It is a taste that cannot be replicated by anything in the physical world.

You realize that this cosmic energy is the life force of the universe, and it pulses through every atom, every particle, and every being in existence. It is the essence of everything, and you are now a part of it. You no longer need to taste the physical world, for the taste of the universe is infinitely more satisfying.

In this state of being, you discover that the limitations of the physical world have no power over you. You are a part of the universe, and the universe is a part of you. The taste of the universe is the taste of immortality, and you are forever connected to it.

As you bask in the taste of the universe, you feel a sense of profound contentment and peace. You know that you are exactly where you are meant to be, and that you are a part of something greater than yourself. The taste of the universe is the taste of eternity, and you will savor it for all time.

SMELL -

As you enter the final stages of your journey, you begin to feel a sense of free fall. Your body is losing its ability to breathe, and you feel a sense of panic rising within you. But in this moment, you realize that the universe has a plan for you, and that you are being guided by forces beyond your understanding.

You come to the realization that you no longer need your nose, the organ that has helped you receive oxygen throughout your mortal life. Oxygen, along with other gases, no longer holds any meaning for you. You no longer need to breathe, and this is a reality that is hard to grasp.

But, instead of panicking, you choose to embrace this moment of transition. You let go of the fear and allow yourself to fall freely into the universe. You open yourself up to the possibility that you are being transformed into a new form, one that is no longer bound by the limitations of the physical world.

As you surrender to the universe, you begin to feel a sense of peace and calm wash over you. You realize that the universe is welcoming you with open arms, and that you are a part of a cosmic ocean that is beyond your comprehension.

You let go of the need to breathe and embrace the universe, allowing it to flow into you in a way that you never thought possible. You become one with the universe, and the universe becomes one with you.

In this state of being, you realize that you are immortal, and that death is simply a transition into a new form of existence. You are no longer limited by the need to breathe, and you are free to explore the universe in a way that you never thought possible.

As you continue to fall freely into the universe, you feel a sense of profound gratitude and awe. You are grateful for the mortal life that you lived, but you are even more grateful for the journey that lies ahead. You are a part of something greater than yourself, and you are forever connected to the cosmic ocean of the universe.

Techniques for Letting Go of Attachment to the Physical Body

(Practise it when you are alive)

❖ **Meditation**

Practicing meditation is a great way to let go of attachment to the physical body. When you meditate, you focus on your breath, which helps you calm your mind and detach from your physical sensations.

❖ **Mindfulness**

Mindfulness involves being aware of the present moment without judgment. This means that you can observe your thoughts, feelings, and physical sensations without getting attached to them.

❖ **Exercise**

Engaging in regular physical activity can help you detach from your physical body. When you exercise, you focus on your movements and your breath, which helps you become more aware of your body and less attached to it.

❖ **Yoga**

Yoga is a practice that helps you connect your mind, body, and spirit. By practicing yoga, you can learn to detach from your physical body and focus on your inner self.

❖ **Gratitude**

Focusing on what you are grateful for can help you detach from your physical body. By acknowledging the things that you appreciate in your life, you can shift your focus away from your body and onto other things that bring you joy.

❖ **Letting go of control**

When you let go of your need to control your physical body, you can detach from it. This means accepting that your body has limitations and that you cannot control everything that happens to it.

When you are dead

(Note this will work when you are dead)

- ❖ **The Fly Technique:** Lift your consciousness and soar high, like a fly. It may feel overwhelming at first, but the key is to not focus on the ground. As you stand up from the bed, imagine leaving your body behind. You might experience a sense of weightlessness, as if you're gliding through the air.
- ❖ **The Detachment Technique:** This method involves pulling back your physical nodes, primarily your sensory organs. It gives you complete control over your mind, but it's not advisable for those with a weak constitution. The removal of your senses can be a daunting experience, and you must proceed with caution.
- ❖ **The Free Technique:**
The easiest method to detach from your physical body is to let go of the need for control. Allow yourself to be a part of the process and let everything happen on its own. It may seem counterintuitive, but once you embrace the freedom of surrender, you'll feel a sense of liberation unlike any other.

Coping with the process of physical decay & transformation

As you lay there, witnessing your body decay, you can't help but reminisce on all the times you tried to take care of it. You recall the hours you spent on weight loss diets, in the gym, and applying perfumes to make yourself more presentable. But now, as you turn into a mere lump of clay, it all seems so trivial.

You remember the feeling of holding someone close, of embracing your beloved and kissing them with tenderness. But now, all those memories feel like they belong to someone else, as if they happened in a different lifetime.

As you watch your body decompose, you feel a sense of detachment from it. You no longer identify with it, as if it belongs to someone else entirely. It's like watching a movie of your life, but from a distance. All the joy, pain, and suffering, seem so far away now.

You realize that your body is just a tool, a temporary vessel for your soul to experience life. And in the end, it's not the body that matters, but the memories and experiences that you create.

So, as your body slowly fades away, you're grateful for all it has allowed you to experience. And even though it may seem like a distant memory, the love, joy, and passion that you experienced in this body will always remain a part of you.