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Excerpts from the talk
Phone Call With Kalindi

GOURASANA

March 13, 1995

INTRODUCTION BY THE LADY

In this talk, Gourasana and Kalindi were speaking about different topics and then Kalindi turned the conversation to the topic of death. Kalindi had been afraid of death in the past, and she told Gourasana that she wanted to know more about the time of death so she could speak about it to the people.

Following is a prayer and Gourasana's direction about practicing the meditation to achieve a state of peace and calm as death is approaching. I am suggesting that we all practice attaining states of calm and peace before we come to the time of facing our death.

Also, you can meditate with Gourasana's *Final Journey Meditation 1*, because in that talk He is giving us direction about attaining a state of peace and calm as we are making the transition that we call death.

GOURASANA

"The best thing to do, if you can – if the circumstances allow – is you sit down in the meditative state and you go deeply within and you just pray:

Lord, now it's time for You to take me.

And please take me in the easiest, most peaceful way that You can.

And that's all I ask of You.

But in whatever way, let me just be with You.

And this is the thing, and that is, try to remain calm. Just stay calm. You might have a little anxiety. You might be wringing your hands a little. You might be a little nervous, or whatever, but the main thing is that you basically stay calm and trust in the Lord because He is going to take care of trust. And the trust in the Lord is what will give you the most peace, because of your trust in the Lord."

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"When it comes time to get near death, then that is the time when you practice that meditation the most and you get as deep and as peaceful as you possibly can."