

During a study group meeting the discussion was about the grieving process (stages) that people go through when a loved one dies. The question was raised whether the process was helpful or necessary according to A Course in Miracles.

That night I had this dream.

In my dream I was enjoying time with a good friend. I left the room to do something and when I returned he was gone. I asked the people in the room where he went. They said; "Oh he died". I was shocked and quickly became overwhelmed with intense sadness. Suddenly I was surrounded by people who were wearing robes and seemed to be spiritual "elders" or "masters". They gathered around me and began walking me through the process of grief. They placed me in a hallway (long corridor) and told me that they would guide me through the steps.

I was told that the first step was to not deny what I was feeling. So I let myself feel the full extent of the sadness. The experience was very intense. After awhile the masters indicated that I was ready to take the next step down the hallway. As I took another step I looked ahead and saw where the hallway ended. At the end was a pure white door that radiated light. There was nothing on this door. It was completely blank so nothing hid the whiteness. It was conveyed to me by the master that although I was experiencing a process, in the end the only way to be fully free of pain and to have true peace was to receive the awareness that "death" is but a dream and being the dreamer, we remain untouched by anything that happens in the dream. I could jump right to this end part or I could walk each step in the letting go. There was no wrong way. Either choice would lead me to the same place.

