

Death — You Gotta Love It

Chapter 1 The Birth of Death

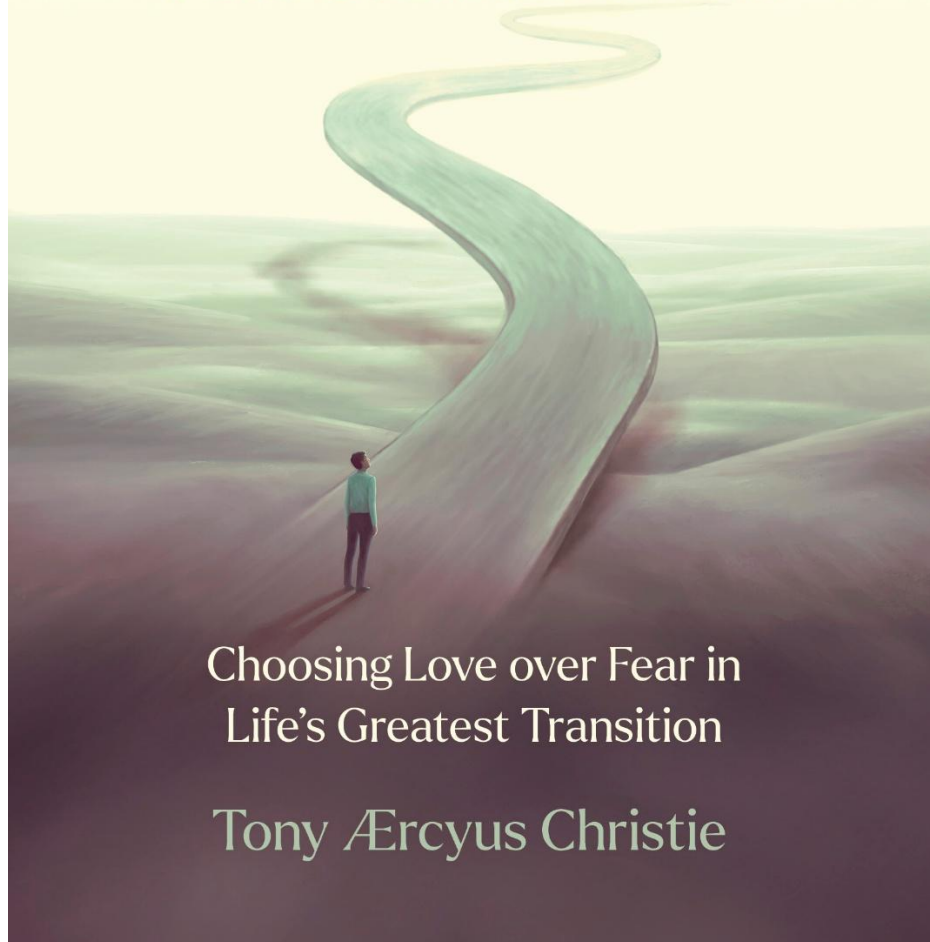
Tony Ærcyus Christie

“Death, our greatest fear, is life’s greatest gift
and our most fulfilling experience.”

Michael Tymn, author of *The Afterlife Revealed*

Death

You Gotta Love It



Choosing Love over Fear in
Life's Greatest Transition

Tony Ærcyus Christie

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Introduction

Thank you for taking the time to download this free chapter of *Death — You Gotta Love It*.

This book began with a very personal question that arose during meditation more than ten years ago: “What if I truly contemplated my own death?” I could not have known then where that question would lead, but I felt immediately that it was one I needed to follow. What began as a quiet inner inquiry gradually became a deep and often moving journey into the mystery of death, and into what it can teach us about how to live.

At first, I approached the subject with the same hesitation many people feel. Death can seem uncomfortable, frightening, or best left unspoken. But the more I explored it, the more I found that this subject was not only about endings. It was also about presence, awareness, and the choices we make between fear and love, as well as the realization that every ending can bring a new beginning.

This first chapter is offered as an introduction to that journey. My hope is that it gives you a sense of the spirit of the book and perhaps opens a door to new reflection. It is not intended as a complete account of the book, but as an opening invitation to reflect on death in a new way — with curiosity, honesty, and perhaps even a sense of liberation. If the subject of death has ever touched your curiosity, your beliefs, or your heart, I hope these pages offer something of value, comfort, and perhaps even inspiration.

In Love Power and Wisdom

Tony Ærcyus Christie

Chapter 1 The Birth of Death

The day you are born is the day you die. If you weren't born, you wouldn't die. We traditionally celebrate birth and mourn death. Yet birth is the start of death. At birth, the one who is born cries, and everyone laughs. At death, everyone cries except the one who has died. Perhaps the newborn baby knows more than those who have spent many years on Earth.

When one thing ends, another begins. There is no ending without a beginning of something else. Birth and death are inseparable stages on a continuum; stages in a greater journey that you are experiencing. When you see death as part of a greater whole and not an end in itself, you begin to tap into a greater sense of understanding of your existence.

Birth and death are both beginnings. Birth is the beginning of your life experiencing a physical body. Death is the beginning of you experiencing life beyond the physical. Death is a birth, or a rebirth, into the non-physical world where you realize that you always existed. Death is the doorway inviting you to walk through into the next phase of your life.

Life and death are not opposites. Life has no opposite. Life always is and always will be. Life is more than this lifetime. Death is just a moment in life, and the act of death merely changes that life to another form of expression. When you see all life as a series of beginnings, there are no endings; only openings into something new.

Death has always been with us, yet its presence appears to be diminishing. Death is now mostly hidden away and not talked about or considered until it rears its beautiful head right in front of us. Its existence is commonly ignored and even denied. Death is becoming increasingly invisible, and we are encouraged to live our lives as if we are going to live in a physical body forever. As more deaths are happening in hospitals, people are becoming more removed from the experience of death, and it is increasingly becoming a taboo subject.

The health services in many Western countries see death as a failure. The futility of this approach instills fear into the hearts of both doctors and their patients. Most health services see themselves as a service to battle, conquer, and defeat illness and death. Many of us have handed over our power and control to the doctors, who in the face of ultimate death are as helpless and powerless as ourselves. When death comes, we have also handed over our power to undertakers, funeral directors, and the lawmakers around death and dead bodies. Increasingly, we have abandoned the dead, and in so doing, we have abandoned ourselves.

With so many developments in technology, we as a society are coming to expect a fix or cure for everything. As a result, we can resent illness and death when a cure is not readily available. We may seek someone or something to blame, especially if we feel vulnerable, fearful, traumatized, or angry. We expect that in a modern world we should not have to feel this way. We want a reason, explanation, or answer as to why this “tragedy” should have happened. In our search for answers, we often look in the wrong place.

Rather than looking more closely at death, we are prompted to divert our attention elsewhere. The marketing and salespeople of the world have a vested interest in keeping us from changing our thinking around death. Many products are sold to keep us looking and feeling younger, playing on our fear of growing old and dying. There is little profit to be made in being happy with an ageing body. There is even less if we do not fear death. Yet, the solution of delaying and deferring the realization of our approaching death does not bring contentment.

The avoidance of death is a cultural failing. Pretending it does not exist only serves to increase the fears surrounding death. It is time for a rethink. It’s OK for your body to slow down. It’s OK for your hair to thin and recede. It’s OK for you to have wrinkles on your face. Not only is it OK, but it is also to be enjoyed. Learning to enjoy the creaking body, the ageing wrinkles, and the diminishing vitality puts the power back into your own hands.

As you allow yourself to be fully present with the gradual demise of the physical body, you are opening yourself to all that death brings. In the face of society’s current views on death, this path is not for the faint-hearted. Facing death takes courage. It brings up a range of thoughts and feelings that many choose to avoid or deny. Yet, this sometimes-difficult search for understanding is also a search for buried treasure. You are a pioneer in search of discoveries. As you explore death, you are at the forefront of those seeking a different approach to death – the Golden Death.

Death is born when you lose your connection to Source, to your divine infinite self. This sometimes happens at physical birth, but also occurs during your lifetime when you are disconnected from your true state of being. The birth of death is the birth of an opportunity for you to choose differently how you are with death. It is an opportunity to give death a rebirth and for you to reclaim your death from the negative thoughts and emotions surrounding it. In choosing to see death differently, you are creating a new vision and

ultimately a new experience of death for you. Just as you can be reborn into a new way of life, you can also “re-die” into a new way of dying. Learning as much as you can about death is the start of your re-death, and your rebirth.

Approaching Death

Death is something we all face. While you do not have a choice in experiencing death, you have a choice as to how you see and think about death. Your current approach to death and your ongoing existence after death falls into one of three categories, two of which are encapsulated in the words of Thomas Aquinas, who said, “To one who has faith, no explanation is necessary. To one without faith, no explanation is possible”. So, you are either a believer in a hereafter, a non-believer, or somewhere in between.

Whichever of the aforementioned categories you fall into, if you are open-minded and willing to consider all the information in this book, then you are embarking on a journey of exploration and adventure. If you can change even slightly your thinking about death, you are opening up a new approach to life.

The more informed you are about death and its many aspects, the more you take control of your attitudes and approach to death. The more you learn about the different thoughts and beliefs of what happens before, during, and after death, the better you can formulate your thinking, attitudes, and behavior towards death. The more you learn about death, the more you learn about life. The more you learn about where you might be going, the more you learn about where you might have come from, and what life is all about.

Life, including death, is a journey of exploration. Do not expect that you will automatically know what to do at the time of your death. Being informed and prepared makes the journey not just easier, but genuinely more enjoyable. If you were going on an adventure holiday to a new and strange place that you knew little about, you would spend time informing yourself and checking out the best way to get there and the best things to do when there.

Likewise, the more you plan for your death trip, the more enjoyable and easier the journey becomes. When you know the route that you are going to take, it brings a sense of

peace and comfort to know how to get there. When you arrive at your destination, you have everything arranged and organized so that you have a clear picture in your head of what is to happen. It is as if you are going back to a place where you have been on holiday many times before, and you know the people, the places, and the process for everything to go smoothly. You have no fear, as you know that you have prepared as best you can. You look forward with positive expectations and excitement to when you make your death journey.

Elisabeth Kubler-Ross, in her ground-breaking book *On Death and Dying*, described five stages or approaches to death and dying. Most people who are faced with a terminal illness go through some or all of these. These are denial, anger, bargaining, depression, and acceptance (Kübler-Ross, 1969). Even those who are in good health and not faced with a terminal illness will often have their approach to death in one of those five stages. These stages are not linear, and you may feel one or more of these at various times as you are faced with death.

The first stage of denial can be seen as a coping mechanism that allows only what you can handle to arise. Whether concerning your impending death or the death of a loved one, the feeling of “it can’t be happening to me” or “it can’t be true” is typical of the denial of death.

Anger is an indication of the intensity of thoughts and feelings you may be experiencing towards death. Anger is sometimes expressed in the question “Why me?” Feelings of helplessness and lashing out at some unseen force that is bringing a huge shift in your life experience often manifest as anger.

Bargaining is an attempt to see and have things differently. It can manifest in attempts to postpone death through changes in behavior and attitudes. Bargaining helps to bring an awareness of the reality of death, yet it also carries a sense that it can be postponed through some commitments or actions.

Depression involves the realization in the present of the perceived emptiness of death. During this phase, you may experience profound sadness, hopelessness, and emotional pain as you begin to fully grasp the reality and permanence of your perceived loss. This stage is marked by feelings of isolation, withdrawal from activities, and a deep sense of mourning.

Acceptance entails acknowledging the reality that this physical life ends and is a way of living with that realization. It allows you to live again without denial, anger, bargaining, or depression.

These five states are predominantly external to your true self. They look at death as if death is something outside of you, not something deep within you. An outside view of death gives the impression that it is something that will not happen to you. From an external observer viewpoint, the consequences are to see death as final, often encompassing pain and suffering, and engulfed in upset and fear.

When you internalize death, you acknowledge death as an integral part of you. You are no longer a passive bystander but have become an active participant in your death. By making death an “inside job,” you unlock new ways of understanding and being with death — the stages of loving death.

The Five Stages of Loving Death

The five stages of loving death are: Allowance, Peace, Gratitude, Love, and Celebration. They invite you to move beyond merely coping toward a transformative relationship with death and an empowering relationship with life. These stages emphasize not just surviving death and grief, but integrating them into life with openness, awareness, and meaning.

Allowance is the stage where a person consciously gives themselves permission to fully feel and experience the reality of death, instead of resisting, denying, or merely accepting it. In this stage, there is an openness to acknowledging all emotions around death without judgment. It goes beyond acceptance in that one is the impartial observer of death and its associated emotions. Allowance does not assign any qualities to death. In allowance, we open ourselves to the understanding that death is not merely an end, but a natural part of existence that touches all living beings. This stage doesn't demand immediate comfort or ease with death but rather invites us to allow mortality to exist alongside our daily experiences, creating a foundation for deeper engagement with life.

Peace is a deep inner calm that arises when we go beyond our intellectual understanding of death and enter a state of genuine stillness. This stage manifests as a deep reconciliation with mortality that transcends mere allowance. In peace, the anxious chatter of the mind quietens, and we experience moments of genuine tranquility when contemplating our finite earthly nature. This isn't a passive resignation but an active harmony; a recognition that we are part of something larger than ourselves, connected to cycles of existence that extend beyond our individual lives. It allows us to hold the paradox of fully embracing earthly life while acknowledging its impermanence, creating space for a serene coexistence with the knowledge of our mortality.

Gratitude emerges as we deepen our relationship with mortality, shifting our perspective to one of appreciation. In this stage, we begin to recognize the profound gifts that death offers: the heightened appreciation for each moment, the clarity about what truly matters, and the deepened connections with loved ones. Gratitude involves acknowledging how the nature of life makes each experience precious and unrepeatable. We feel thankful for the transition that is death and reflect on the positive impact that death has on our lives.

Love represents a transformative stage in our relationship with death, where we move to a genuine affection for mortality's role in our earthly lives. In this stage, we come to cherish death as a sacred teacher and companion that gives meaning to our existence. Love for death manifests as a profound appreciation for how mortality's presence enhances our capacity for connection and authenticity. When we love death, we also love life. This stage allows us to approach mortality with the same openheartedness we bring to other beloved aspects of our human experience.

Celebration represents the pinnacle of loving death, where we embrace death with openness, genuine reverence, and joy. In this stage, we actively commemorate the role death plays in creating meaning and beauty in our lives. By celebrating death, we integrate mortality into our lived experience, allowing it to infuse our days with meaning, authenticity, and a profound appreciation for the miracle of consciousness. The joy of death arises from an appreciation of its role in the ongoing cycle of life, bringing a sense of liberation, transformation, and renewal. In celebrating death, we acknowledge its power to bring peace and open the way for new beginnings, both for the departed and for those who remain. Ultimately, this perspective fosters a profound appreciation for the mystery and continuity that death brings to the human journey.

These five stages of loving death are the foundation of this book. They flow between the lines — silent yet present. The progression through them in life is primarily linear, although you may experience one or more of them at any time in your conscious awareness of death. Yet, before we can truly embrace the states of loving and celebrating death, we will first explore what might be holding us back. In the following chapters, we will examine some of these obstacles: change and fear.

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Tony Ærcyus Christie is a Messenger of Oneness, spiritual teacher, author and speaker whose work focuses on consciousness, self-discovery, personal transformation and humanity's evolving understanding of life and death. Through his writing and teaching, he encourages people to replace fear with love, empowering them to embrace both life and death with greater awareness and compassion.

For more see: <https://www.tonymchristie.com/>