



DO WE HAVE TO DIE TO GO TO PARADISE?

With the recent wave of spiritual teachings about the awakening process and the birth of a new Earth the question of whether we have to shed the physical body to go to Paradise has been hunting me this last year. The concept is: if while in the body, we are able to raise our vibrational energy to a high enough frequency compatible with that of the new Earth, perhaps we can somehow transition into the new reality with our body. This new Earth is supposed to be like Paradise, at least compared to this Earth we live in. So anyway, here are my recent thoughts on this subject.

Christ and Mary's physical bodies "died" before They could ascend into Heaven. Both were fairly advanced spiritually, but Their flesh still had to die. Is there a lesson here for us? Not only did their physical bodies die; the bodies were both dead for three days before they were joined with the souls of Christ and Mary. We know that both Christ and Mary lived lives that were in all regards perfect in the eyes of God. But how many of us have lived lives that are as clean and pure as Theirs? Why should we then believe that we are somehow entitled to "transition" to Paradise without shedding the body? I seriously doubt that this is possible.

Mirjana, one of the Medjugorje visionaries said this past month: "I have never said anything before, but are you aware, brothers and sisters, that the Mother of God was with us [while she was receiving the message on Oct. 25th]? Each of us should ask himself: **"Are you worthy of this?"** I am saying this because it is difficult for me to see Her (Our Lady) in pain, because each of us is seeking a miracle, but does not want to work a miracle in himself."

The body can die but we continue to be "What-We-Are" and we continue to have memory of "Who-We-Are." What-We-Are is not a physical body; What-We-Are is a spiritual being in the image and likeness of God. Who-We-Are is the identification with our spiritual self or our higher self, although while in the body we may be temporarily fooled by our ego into believing that we are something else: A famous ..., a top-notch ..., the best ..., the most powerful ..., etc. The body is then just a temporary biological carrier in this physical world. Think about it: in eternity there is no time, so even the concept of "temporary" helps us remember that our attention should be on the eternal and not on the temporal.

Becoming Enlightened does not require for you to shed your physical body. The attainment of an Enlightened status in our lifetimes is achievable, but difficult. There are several human beings who have attained this in their lifetimes, with the best examples being Christ and Buddha. With the right attitude, the right intention, a solid foundation in God and in Jesus Christ; with an open heart and the grace of God we can become Enlightened. Once you become Enlightened the concept of death no longer has much relevance, because you have already become One with God and although part of you is still in the physical world, the greater You is already in Paradise.

"Humankind is created with the capacity to realize God as Creator, and therefore, there is the moral obligation to do so." Interestingly, this quote comes from the Roman Catholic ecclesiastical doctrine of "The Natural Law". Surprised? I was. This is essentially the same as saying: we should all pursue Enlightenment. However, for some strange reason, this important ecclesiastical doctrine is never told to practitioners and people who are pursuing this goal are seen as "out of line" by most Christian churches.

Should I then not pay so much attention to the conservation of my body? Most of us in one way or another are trying to care for our bodies including things like healthy eating, exercise, nutritional

supplements and healing practices; so should we continue with this or not? Of course we should! Remember the body is the temple of the Holy Spirit and the more pure it is the more we can experience this holiness. Moreover, Mary is always inviting us to care for our bodies through purification and fasting. We can raise the vibrational energy of our bodies by taking proper care of it and this, in turn, should help us achieve our spiritual goals faster.

Perhaps the best approach is to surrender our physical bodies to God and say “Oh dear Lord, I have surrendered everything in my life to You, now I surrender to You my body, so that when the day comes, I may also be worthy of resurrection.” This approach prepares you for a transition to Paradise similar to the one Mary and Jesus had while in their temporary passage through earthly physical reality. However, should there be a different plan from God to have us transition in full body and soul, without shedding our physical bodies, let's then welcome it and be thankful. Through the act of surrender we are no longer attached to a specific outcome and we make ourselves available to be guided though the higher wisdom of God. He knows what is best for us. In the end, it is our ego and fear that makes us think that we need our physical bodies to go on with our lives.

May God bless you, Alex

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