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Newsletter Christmas 2022

When I checked the Newsletter Archive on www.joynugent.com to see what I had written in 2021 there was a blank! Maybe I was distracted by Covid and world events! Christmas 2022 finds me in remembering mode – remembering all the good and kind relatives and friends who have shared this time on planet earth with me. My wish is for a kinder world where tolerance for differing views and beliefs can be respected and where hurts and misunderstandings can be forgiven.

It makes such a difference to thought patterns and the analysis of emotions when I see myself as a soul with a purpose in being born. Elisabeth Kubler-Ross said that there are no co-incidences, and we choose our parents before we are born. Caroline Myss says it in much the same way in her book *Sacred Contracts*. We know the soul is energy and does not die. What we take with us into the next existence is karma or soul DNA. This is where we experience ‘all understanding’ (to coin words by Dr Elisabeth Kubler-Ross).



Last year I published a book *Your Life, Your Way - practical tips and reflections* and rebadged my *NurseLink Portfolio* to *Self-Care Portfolio* for my charity Soul Talks with the intention of encouraging self-care and responsibility. This year soon to be published is my next book *Live Well to Die Well* which explores soul and energy medicine. I also recall the life of my mentor in the unseen world – Florence Nightingale. These are two important quotes:

“Spirituality is intrinsic to human nature and is our deepest and most potent resource for healing...Laws of spiritual development should be growing like science.”

– Florence Nightingale

“If your body’s attempts at compromise have jammed your system, which is one way to look at illness, you can get your systems back on track by clearing, strengthening and balancing your energies.”

– Dr Bernie Siegel author of *Love, Medicine, and Miracles*

Books and videos can be found on www.soultalksbooks.com and purchased in Australia from the Soul Talks website www.soultalks.com.au.

Family news is copious. All four children and twelve grandchildren are making their way in the world with many achievements to their names. So proud of them all! I enjoy living alone with time to go within. Managing the for-profit business Hunab Ku is also time consuming. The copyright from my books belongs to Hunab Ku (the Mayan word for Oneness) and Soul Talks is Hunab Ku's only shareholder. Soul Talks is all about removing the fear of death and the following may be helpful.

Five Strengths for Death Preparation – A Buddhist Perspective

The following five strengths for death preparation is inspired by the teachings of Tibetan Dzigar Kongtrul Rinpoche who is the author of the books, *It's Up to You* and *Light Comes Through*.

- 1** The strength of honesty and good deeds – a life lived by being true to yourself. Now is the time to let go of your attachments, to let go of accumulated assets and worldly matters, which only serve to cause suffering at the time of death. Pain and suffering come with attachment and when considering a lifetime of accumulating only suffering and despair will accompany a mind that is still connected with tangible assets and their future. Prepare a Will and consider giving to a charitable cause as well as considering the real needs of your family.
- 2** The power of meditation, mantras and bodhicitta. In Buddhism, bodhicitta is the mind that strives toward becoming more conscious and aware. It shows empathy and compassion for the benefit of all life. It vibrates at a high frequency. To acquire this state of mind a person may benefit from finding a teacher or community from various traditions – an inward path to follow! This strength includes the soul's journey and the intention for positive karma to ripen and a sense of oneness with the universe and all life.

- 3** The strength of critical intelligence. This is being aware that all feelings such as fear, loss, confusion, anger, and despair. These are expressions of clinging to the needs of the ego. The ego self needs to be released for peace to be experienced. By clinging to these feelings there is a danger that they will consume the mind at the time of death. The best preparation to avoid suffering and anguish is to consciously prepare for death while there is time. There is a realisation that a lifetime has purpose and meaning, and happiness is the goal.

- 4** The strength of setting the powerful intention of acceptance and living in the present moment. It is letting go of the past and having no thoughts of the future. Acceptance includes not seeking a cure or the resolutions of a difficult relationship or a burdensome state of mind. Levels of attachments tend to strengthen when death approaches and with awareness and a strong belief a return to a peaceful state can occur. People who have had a near death experience no longer fear death. Music, poetry, and inspirational sayings from a chosen teacher raises energy vibrations.

- 5** The level of attachment will be reflected in the level of death anxiety. Recall and breathe in the suffering of others and mindfully send out loving compassion and intention. This is a time for forgiveness of self and others. Some people express it as 'letting go.' The place of death is not important when the soul is at peace and the illusion of this physical world fades away. When death is accepted as a stage of the soul's journey, and not an end, anxiety diminishes and gives way to faith and feelings of Oneness. Seasoned practitioners prefer to die alone while others will appreciate having a person remind them of comforting spiritual explorations.

May your life be filled with meaning and purpose. May fundamentalism be replaced with non-judgemental respect for all. The Cosmic Mind is more than human minds can know – we are all one...

Sending love and light at this time of year which celebrates the birth of Jesus who was an enlightened being. Like other enlightened beings Jesus taught love.

