

# Art of Dying®

VOLUME III



**ALEX & ALLYSON GREY**

Love is deathless,  
a continuous interplay  
of journeys

**SENSEI ROBERT CHODO CAMPBELL**

Death's one  
universal thread is  
its mystery

**CAITLIN DOUGHTY**

Women were taking care  
of the dead just fine for  
thousands of years

“

In the future, human beings, the older they get, will need to take in spiritual impulses if they want to be able to grow younger and younger and really develop their inner life. If they do so, they may have grey hair and wrinkles and all kinds of infirmities, but they will get younger and younger, for their souls are taking in impulses which they will take with them through the gate of death. People who relate only to the body cannot grow younger, for their souls will share in everything the body experiences. Of course, it will not be possible to change the habit of going grey, but it is possible for a grey head to gain a young soul from the wellsprings of spiritual life.

”

**RUDOLPH STEINER**

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*Pia Interlandi  
with "Little Black  
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MoMA "Items"  
Exhibition*

JOHN WADSWORTH

Cover: Alex Grey: "Bardo Being", see more on page 32

Online Magazine Soundtrack: Steve Roach: "Sentient Breath," from the album, "Sigh of Ages." [www.steveroach.com](http://www.steveroach.com)

## VOLUME III

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JOHN WADSWORTH

"LONDON CEMETERIES XI"

# Impermanence

Jon Underwood, three years ago at the age of 40, wrote on his website, [impermanenceatwork.org](http://impermanenceatwork.org): "I'm the guy who set up Impermanence. I don't think there has ever been anything quite like it! I'm really enjoying this work and am committed to following a course of death-activism as long as possible." *Art of Dying* shared Jon's wise presence in its first two volumes. In this volume, we share Jon's funeral.

Every person in this volume embraces death as an immediate inspiration. As artists, they reveal death's beauty through painting, writing, sculpture, photography, and fashion design. As activists, they act as death's defenders, challenging the fear-based beliefs and mores that have condemned death as life's enemy and dying

as an experience to be avoided at all costs. As doulas, they align with death to guide the dying, and their family and friends, toward the grace of releasing earthly attachments and letting go.

A man from Varanasi, India, where death is considered a blessing, shares his wisdom with a culture where death is considered a curse. A nursing home in Holland offers lodging to students who learn first-hand how best to die while reminding the elderly how best to live. Decaying marble memorials share impermanence with biodegradable grave garments.

Jon Underwood wrote: "My experience tells me that death can play a role in helping us enjoy life."

Our experience should tell us the same.

**JOHN WADSWORTH, FOUNDING EDITOR AND CREATIVE DIRECTOR**

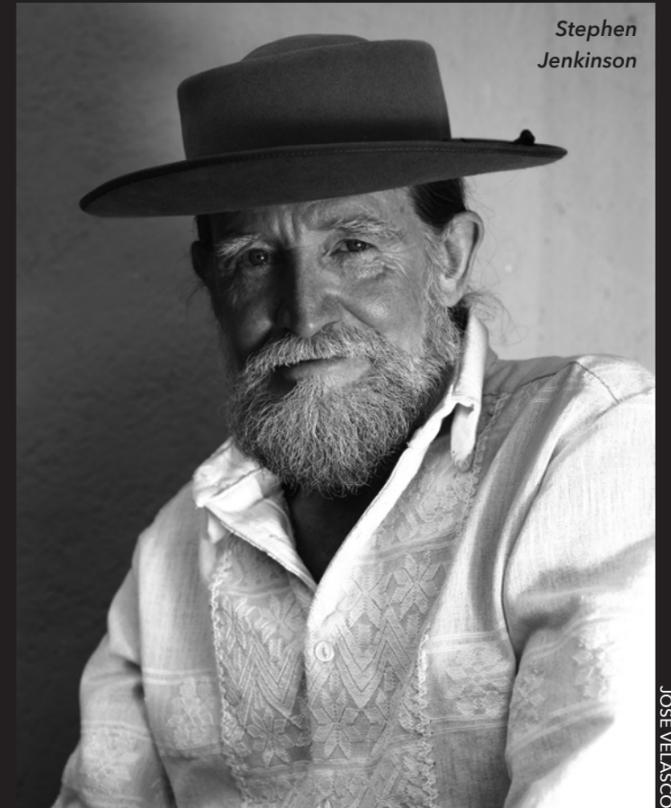
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## Art of Dying

### VOLUME IV:

FEATURING, AMONG OTHERS:  
 SUSAN AND WILLIAM BUHLMAN  
 KATY BUTLER  
 CAITLIN DOUGHTY  
 HENRY FERSKO-WEISS  
 STEPHEN JENKINSON  
 THE MODERN MORTICIAN  
 SUZANNE O'BRIEN  
 DANIEL ORTEGA  
 MARY REMINGTON  
 STEVE ROACH  
 BART WINDRUM  
 RALPH WHITE  
 CATHY ZHEUTLIN

[artofdyingmagazine.com](http://artofdyingmagazine.com)



Stephen Jenkinson

JOSE VELASCO

[WWW.DEATHKNELLS.COM](http://WWW.DEATHKNELLS.COM)



THE DEATH OF  
 FEARING DEATH  
 THIS SITE SHARES  
 DEATH KNELLS TO  
 MISCONCEPTIONS  
 ABOUT DEATH. LIVING  
 BEAUTIFULLY AND  
 DYING BEAUTIFULLY,  
 DEATH IS FEARLESSLY  
 EMBRACED AS THE  
 BIRTH OF NEW LIFE  
 AWARENESS.

To have  
a beloved  
you have to  
imagine  
beloved

**Alex:** We are two artists collaborating in love. Our collaboration is the Third Force, a creative angel that manifests something greater than either of us could accomplish on our own.

You can't think of Laurel without Hardy, Gilbert without Sullivan.

William Blake's wife, Katherine, was his beloved. They were twin flames.

The monumental sculptor, Christo, collaborated throughout his career with his wife, Jean-Claude, who said, "I don't draw. We work together on everything else."

Memorable collaborations are actually rare. Ours is more than gender balance. Our consciousness expands and cooperation is valued over competition.

Every work of art reflects the artist's values and character. All artists that are most remembered, Michaelangelo, DiVinci, Van Gogh – leave profound traces that keep their souls alive in us.

The imagination is the bridge that unites you with transcendental Divinity, a connection with the beloved beyond the body. To have a beloved you have to imagine the beloved. You become enchanted by your imagining of this person.



JOHN OHIA

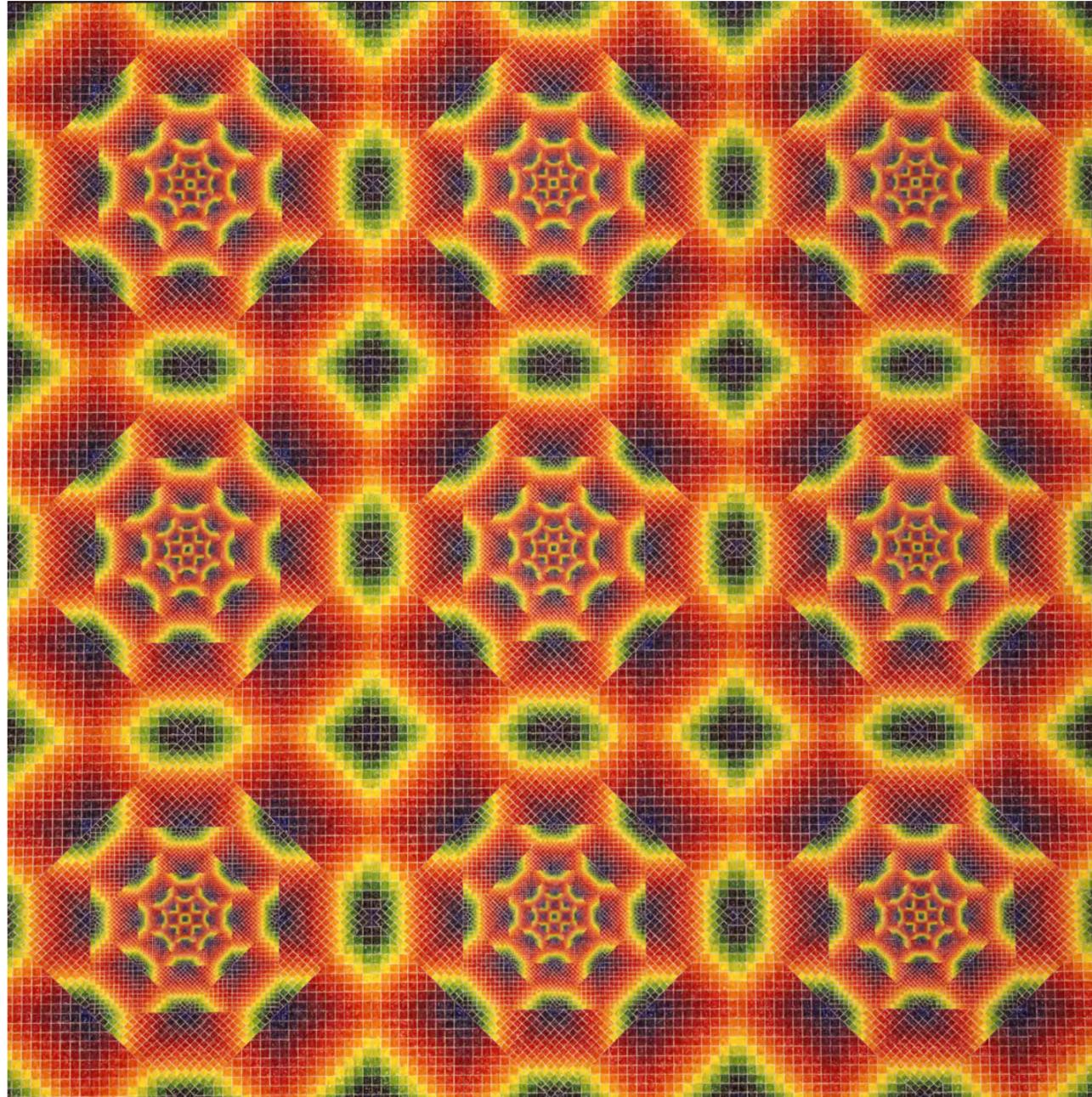
You don't  
have to be  
Visionary  
to hold the  
power of  
love sacred,  
but, to have  
love you  
have to have  
imagination.

**You don't have to be Visionary to hold the power of love sacred, but, to have love you have to have imagination.**

**Anyone can meditate and imagine a transcendental ground of being as emptiness, a vast expanse of voidness. The origin of the transcendental realm beyond form is a mystical insight throughout world religions. As that field opens, it also embodies qualities of wisdom, compassion and completeness. There is a way to access oneness through the ground of every manifest thing. A student attained instant enlightenment when he witnessed Buddha lift a flower.**

**Ocean of Love Bliss by Alex Grey ▶**





Swedenborg believed there is an afterlife very much like our own where spirits live in cities you can visit if you are sensitive to that alternate reality. Communication is possible. Receptive, creative people commune with spirits. I had to be willing to hang out with suffering spirits to open up to Divine possibility, to imagine and conceive continuity beyond the body.

Through Visuddhimagga, the Path of Purification, Allyson and I learned about the power of sky burials and meditating on rotting corpses. We were inspired by the exquisite depictions of the Nature of Mind in Tibetan Buddhist thangka paintings.

**Allyson:** *Meditation on Mortality*, our 1980 performance, ritualized our wedding. I was covered in white grease paint, Alex in black. We embodied Yin and Yang. Through deep embrace, body upon body, we symbolized our ability to connect beyond duality, to transcend whiteness and blackness, light and darkness, life and death. We became Grey.

For the first ten years of our relationship I lost sleep with anxiety over our separation by death. One night, lying on our bed together with our eyes closed, neither talking nor touching, we took a therapeutic dose of MDMA and all of that anxiety went away. We simultaneously shared the same psychedelic vision: an experience of the "Universal Mind Lattice." Our shared consciousness no longer identified with nor was limited by our physical bodies: We each felt this state to be our purified essence. "I" was one particular point in the vast network, aware of "my" unique relationship with all points in the field.

We both realized our vital connection with all beings and things in the visible and invisible Universe, with God. We felt that death was not to be feared because the Light was our spiritual core and we would eventually return to the profoundly transcendent bliss of this lattice realm. I knew I was alright, I knew Alex was alright and I knew that HE knew that I was alright. I thought, 'Whoever survives should repeat this experience.' Psychedelics and MDMA help relieve all sorts of suffering, often permanently after only one journey.

### ◀ Jewel Net of Indra by Allyson Grey

Love is deathless, a continuous interplay of journeys.

**Alex:** The Universal Mind Lattice is our shared experience of the ground of ultimate love. We were each an individual node in a vast love network with access to multiple lifetimes, able to savor each one like works of art, a thread through the beads of lifetimes. Love is deathless, a continuous interplay of journeys.

**Allyson:** Our awakening happened when we first independently saw God.

Recognition of having Found the One happened when we shared our experiences of God contact. Our Universal Mind Lattice experience affirmed our ability to be in the same mind space in an alternate reality.

[Universal Mind Lattice by Alex Grey ▶](#)





Death is the end of our job, a journey from this to the next plane of existence. How fortunate Alex and I have been. Our love is eternal. Holding on is to suffer. When and what will happen next is God's secret. Death is the precipice over which we cannot see, until we die.

I have experienced a past life in which Alex was not a part. I died of starvation as a poor small child. In this life, I was given the chance of a life in joy and abundance.

A young couple asked Buddha, "We are so sad when we think that someday one of us will die and leave the other." Buddha told them that if they lived their lives together following the same path, there was a chance they'd be reborn as one person."

Alex: When death comes I will probably be surprised. I don't look forward to death because we have so much work to do together in this dimension.

As dark as I get now, I would be way darker if I were the one left on earth.

Separated by death, I'd be lonely without my beloved and would try to communicate with her beyond the grave.

I wish we could continue our journey together in a constant braid of souls, particularly with our daughter and many of the people closest to us. Socrates hastened his death because he was curious. He had an open mind and was ready to check it out.

Allyson and Alex: We take what God wants to give. We are grateful to have had the perspective of the Universal Mind Lattice to guide us. At our best, we live in the light of that experience.

*From a conversation with John Wadsworth*

Holding  
on is to  
suffer.

## ◀ Love Circuit by Alex Grey

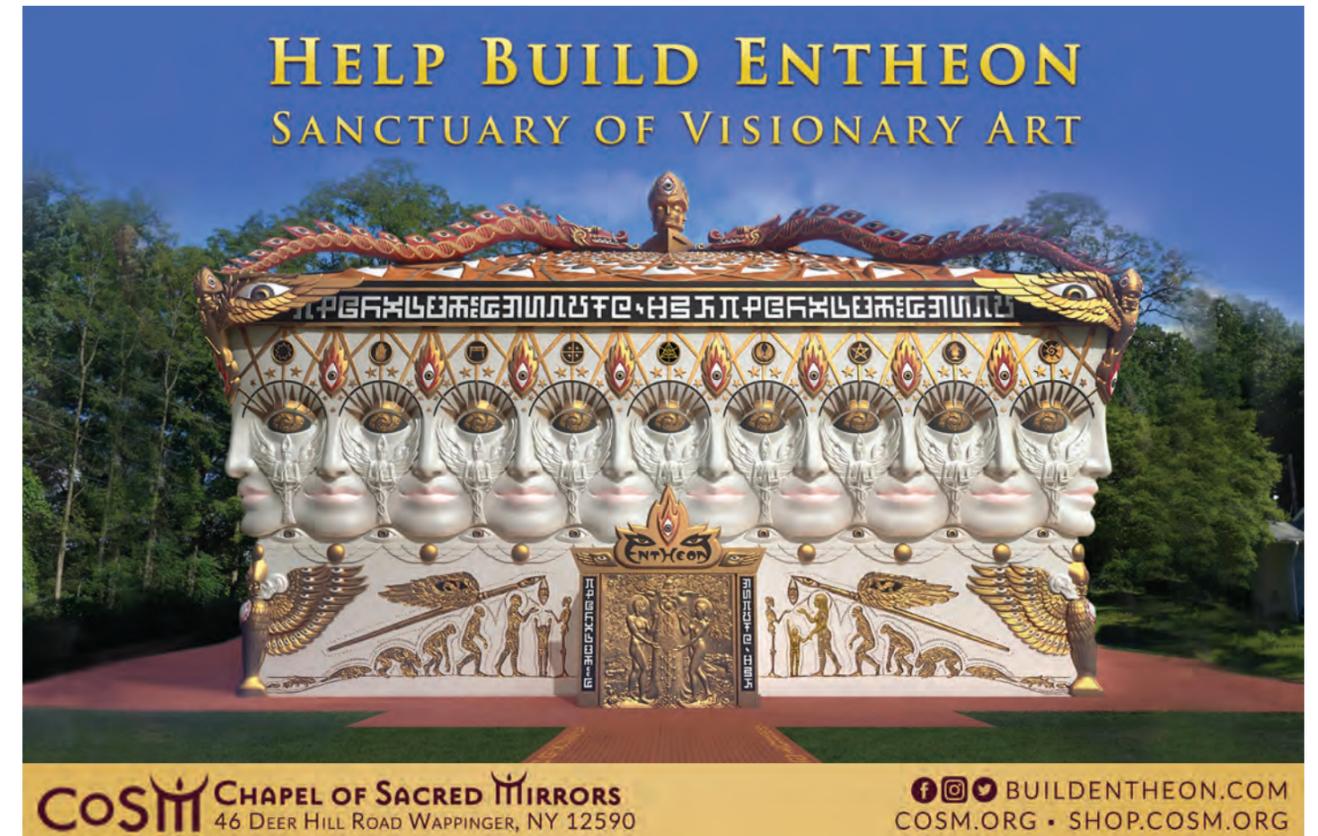


*Meditation on Mortality*, our 1980 performance, ritualized our wedding. I was covered in white grease paint, Alex in black. We embodied Yin and Yang. Through deep embrace, body upon body, we symbolized our ability to connect beyond duality, to transcend whiteness and blackness, light and darkness, life and death. We became Grey.

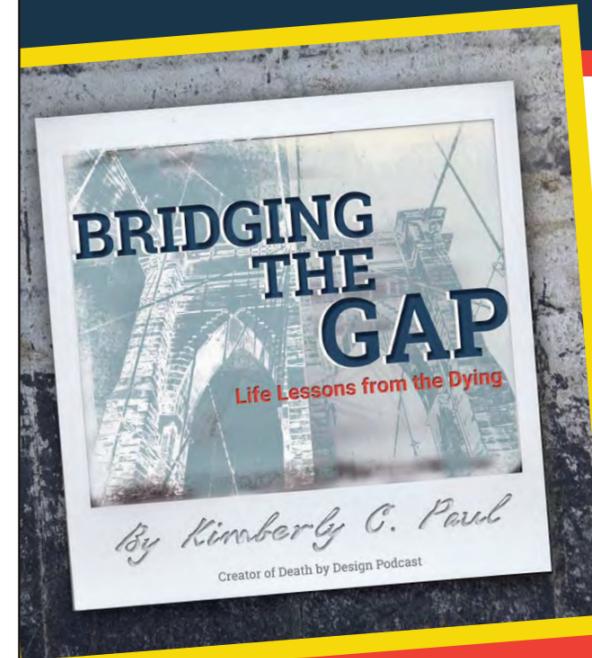
**ALLYSON AND ALEX GREY** The mystic paintings of Alex Grey articulate realms of psychedelic visionary consciousness, revealing interwoven energies of body and soul, love and spirit, illuminating the anatomical core of each being. Alex's visual meditations on the nature of life and consciousness, the subject of his art, have reached millions through his five books including three monographs, the exhibition and extensive reproduction of his artwork, speaking appearances including a popular TED talk, stage sets for major rock bands, video animation, and Grammy award-winning album art. Allyson Grey is a painter and social sculptor. She has been Alex's creative collaborator, life-partner and studio mate since meeting in art school in 1975. Allyson's paintings represent chaos, order and secret writing, an essentialized world view symbolizing the material world, the interconnected realm of energy and light and the sacred language of creative expression. With an MFA from Tufts University, Allyson has long been an art educator, art events organizer and a muse to artists worldwide. [allysongrey.com](http://allysongrey.com)

Together, the Greys co-founded the Chapel of Sacred Mirrors, (CoSM; [cosm.org](http://cosm.org)), a spiritual creative retreat center outside of New York City. On the forefront of a movement in which painters join musicians on stage, the Greys have painted together live before tens of thousands of dancing young people at New York Broadway theaters, at sold-out festivals and arenas in dozens of cities across five continents. As long-time advocates of "cognitive liberty," a growing international "sacramental culture" has embraced the Greys as important mapmakers and spokespersons for the visionary realm. The Greys, with their team, are currently building Entheon, a Visionary Art sanctuary in the Hudson Valley of New York.

INSTAGRAM: @ALEXGREYCOSM // @ALLYSONGREYCOSM // @CHAPELOFSACREDMIRRORS  
FACEBOOK: @ALEXGREYCOSM // @ALLYSONGREYART // @SACREDMIRRORS



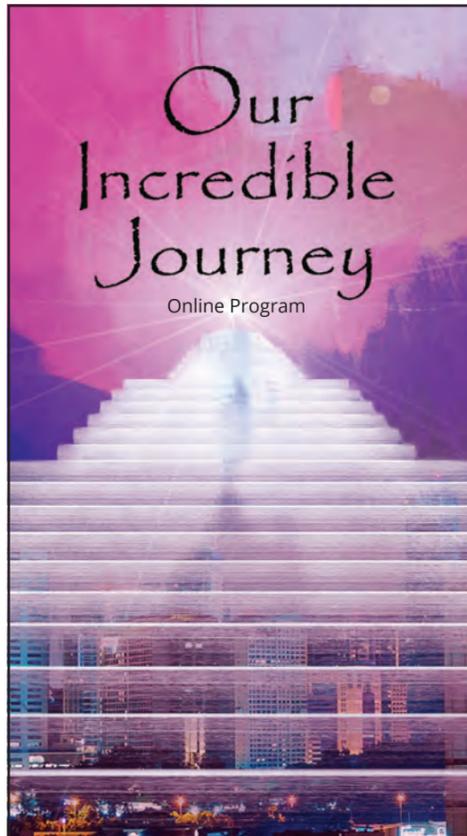
**"A little step may be the beginning of the next great adventure."  
– Unknown**



Live vicariously through Kimberly C. Paul as she shares personal stories and the life lessons she has learned while working with hospice patients over the last 18 years. Each chapter will inspire you to design your own life and death around what matters most.



Purchase your copy at [deathbydesign.com/bridging-the-gap](http://deathbydesign.com/bridging-the-gap)



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- Assist loved ones in their journey of consciousness  
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# A Death Meditation

**PAINTINGS AND TEXT  
BY ALEX GREY**

IF YOU'RE READING THIS, NO MATTER WHO YOU ARE, TWO THINGS ARE TRUE:

- 1. YOU'RE GOING TO DIE.**
- 2. YOU HAVEN'T YET.**

THE REST IS UP TO YOU.

**YG2D.COM**

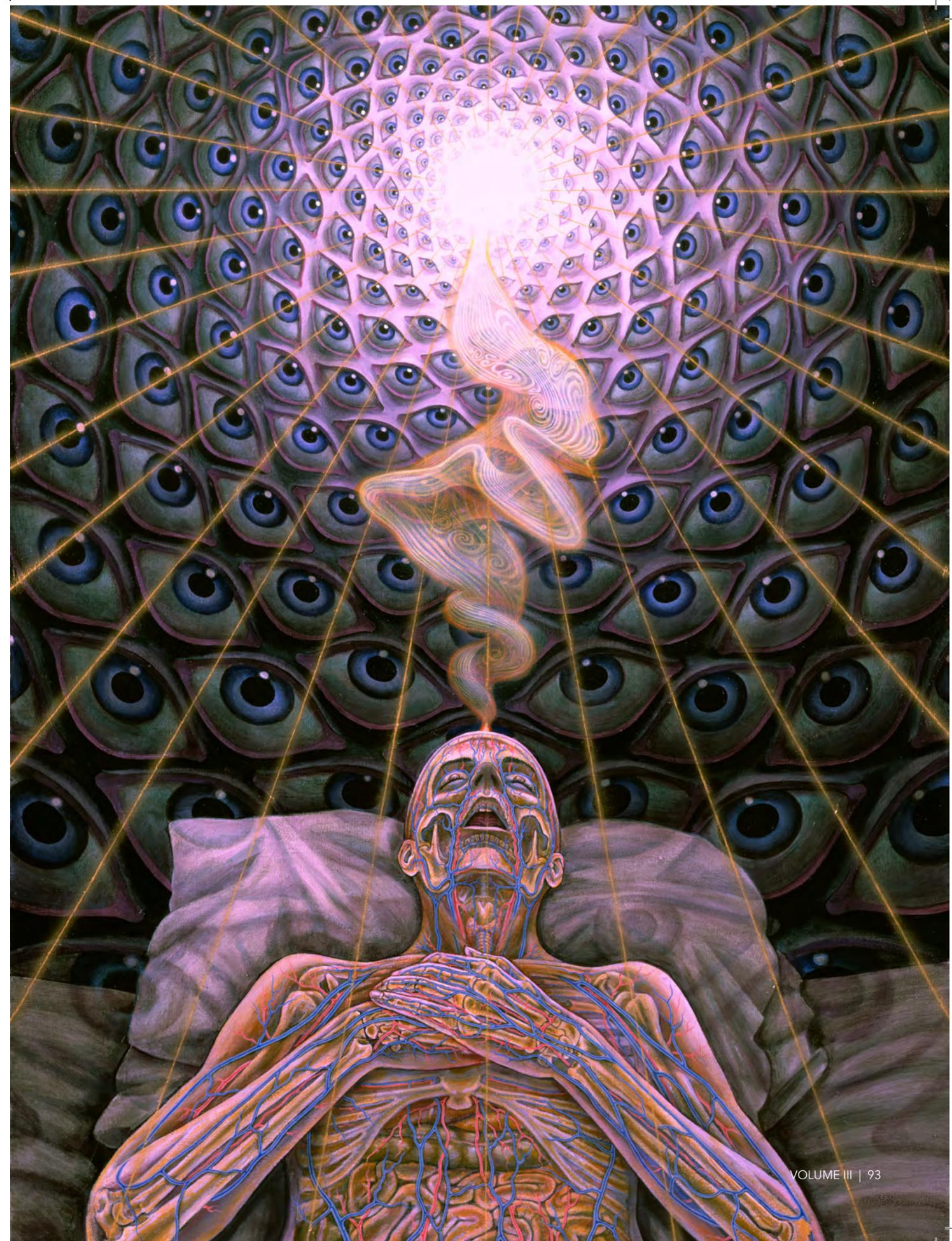


GO WITHIN NOBLE SOUL.  
FIND THAT GOD IS IN YOUR HEART  
OPEN THE EYES OF YOUR HEART  
AND SEE THAT I AM.  
I AM WITH YOU ALWAYS.  
YOU CAN NEVER BE LOST.

◀ "CARING"

I REST IN THE THRONE OF YOUR CHEST  
UNTIL TIME TO DEPART THE BODY.  
THEN I REST IN THE THRONE OF HEAVEN.  
CAN YOU HEAR ME?

"DYING" ▶





FRIEND, RECOGNIZE YOU ARE ALREADY HOME,  
ALREADY YOU HAVE TAKEN YOUR SEAT  
AMONG THE ELECT.  
YOU ELECT YOURSELF TO THE GLORY SEAT  
BY BECOMING GOD CONSCIOUS NOW.  
GODSELF SITS ON THE THRONE  
ON EARTH AS IN HEAVEN.  
THE GARDEN IS HEAVEN ON EARTH.  
WAKE UP AND SEE,  
YOU ARE ALREADY IN THE GARDEN

◀ "THE SOUL FINDS ITS WAY"