



HOW TO COPE
WITH GRIEF
THROUGH THE
PRISM OF AFTER-
DEATH GNOSIS/
THE COUPLE LIFE

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1. THE MOMENT THE SOUL LEAVES THE BODY

This moment is unique for every human being because, till that moment, the soul and the body were one and now they have to separate from one another. Even if death is the only aspect we can be sure about, we find it hard to accept it. If the soul leaves this world being prepared, then, after death, it will unify with Christ and will not have any difficulty in the afterlife. But what if the soul leaves this world unprepared? In this case, it will benefit from the memorial service (mnemosynon) . The memorial service begins with the mnemosynon, it continues with the Divine Liturgy and it ends with the prayer for the dead. Let us not forget that, before our death, we also pray to the Mother of God during the small compline: "At the hour of my death, care for my miserable soul and drive the dark visions of evil spirits far from it."

The moment the soul leaves the body is important, but equally important are the following 40 days and the waiting period, namely from the 40 days till the Second Coming. Until the Second Coming, the souls benefit from the memorial service. But, from then on, the state of our souls will become permanent and irreversible, not because God is pitiless, but because the man himself is not willing to change his state. That is, in fact, the reason why we pray to the Mother of God "On the awesome day of judgment, save me from eternal punishment and make me an inheritor of the ineffable glory of your Son, our God."

2. THE STATE OF THE SOUL AFTER DEATH THE NEAR-DEATH EXPERIENCES

These experiences take place right before the soul leaves the body. In that moment, certain powers of the soul are activated and it can see more than we can. There haven't been recorded any after death experiences as it never happened that a soul return into the body.

B.THE CHARACTERISTICS OF THE SOUL AFTER LEAVING THE BODY (identity, memory, communication, new knowledge, new body)

After leaving the body, the soul maintains unchanged the characteristics of its personality. In other words, the soul preserves its memory and its identity- everything it accumulated in the world. Nothing is lost. However, after death, the senses of the soul change and this new knowledge of things will determine what the person lived in the world. The Metropolitan of Limassol gives the following example: "When a child is little, he/she wants his/her mother to be around almost all the time. When the child gets older, he/she can't bear to stay one minute around her."

The souls, after leaving the body, communicate and recognize each other. We can take as an example poor Lazarus and the rich man. The relationships we had in the world are not preserved after death. More precisely, in eternity, the husband's main concern won't be to find his wife or his children, but he will look forward to being in communion with Christ.

After the Second Coming, each and one of us will receive bright bodies (Resurrection of the dead, so Resurrection of the bodies, for souls never die). Even a disabled child won't be the same after the Second Coming, he/she will be much more beautiful.

THE COUPLE LIFE

THE STAGE BEFORE THE WEDDING

+The future spouse has to find his other whole, not his other half (in other words, he/her is the one who has to do spiritual work on himself/herself)

+“ I am looking for the perfect woman to be my wife, someone told geronda Ephraim.”

“But you are not perfect in the first place. ”

+ From the woman you will marry, don't have expectations, don't ask too much.

Gerondissa Makrina

+“ The purpose of marriage is the perfection of the two and their following the same path. ”

Julia Koudouma lawyer

THE STAGE AFTER THE WEDDING

+“ But the head of the woman is the man”. This, however, does not mean that the man is the governor of the woman. He is her travel companion, her spiritual guide.

+ After their wedding, the man and the woman aren't anymore two strangers, but they become one. In other words, they will exist as two different persons, but, at the same time, will become one psychosomatic being (1+1=1)! The man's body belongs to the woman and the woman's body belongs to the man. The Gospel says that this union between the man and the woman, that God created, should not ever be broken apart for any reason except the prostitution. A hieromonk from the Gregoriou Monastery used to say: “After having committed prostitution, you can divorce your wife, but with no gain. On the contrary, if you do not divorce her, you will be rewarded.”

SAINT EXAMPLES OF WIVES-HUSBANDS

+ Two spouses went to live abroad. Someday, the wife left her husband telling him that she would continue her life back in Greece. The husband prayed 3 whole years so that a solution to this situation could be found. After these 3 years, the wife told her husband she would wait for him at the airport when he arrives. She apologised and her husband very delicately told her that it wasn't her fault.

+ A future priest was engaged to a girl. One day, this girl was informed by her doctor that she was in the first stage of cancer. So, she said to her fiancé: “If you want, we can break the engagement.” But the husband said with dignity: “If we said we will be together till the end, that is what we will do.”

THE RELATIONSHIP BETWEEN THE COUPLE AND PARENTS/CHILDREN

+A mother blamed her son in front of her daughter-in-law in order to get along with her.

+ His Eminence Metropolitan Paul of Sisanion and Siatista said that it is wrong for a mother to tell her daughter: “Be careful so that he will not invade your space.”. She also gave advice to a couple to put some limits concerning the parents-in-law, to take the door keys so that they cannot enter the house whenever they want.

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