

**Wiedergeburt,  
Leben,  
Sterben, Tod  
und  
Trauer**

**Rebirth,  
Life,  
Dying, Death  
and  
Sorrow**

by  
«Billy» Eduard Albert Meier

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## Afterword

With the reading of this book at hand, I listened to my inner voice again and again, and made sure of the form of my thoughts and the state of my psyche. "How does this book touch me?", I asked myself and expected that it would likewise shock and seize me as other works of Billy's which I had read before. Astonished, I realised that I remained fully calm and equanimous, and soon I recognised with amazement what that was because of. 'Rebirth, Life, Dying, Death and Sorrow' is likewise a book about the life as well as a book about the dying, the death and the sorrow and therewith it is an actual and true LIFE-BOOK.

The rich-in-detail and wise understanding of all human impulsations and feelings in connection with life, dying, death and sorrow, the knowledge of the existential anxiety of most human beings towards the death and the deep-reaching cognisance of the truth is united by Billy, in easy-to-grasp simplicity, into an extremely life-affirming work. Whoever engages him/herself in the content of the book and carefully studies it will not only gain a fundamental insight into the last processes of human life, but also into the existential shocks of those who have already endured and experienced the death of beloved human beings. With this, not only the understanding for one's own impulsations and feelings grows, but also the understanding for other human beings who have to stride through the deep, dark valley of the sorrow.

Perhaps the work at hand can be helpful to human beings in such situations, but what is more helpful to them is certainly what we ourselves learn from it and how we implement what we have learned, namely in true human sympathy and in real feelings for others. Sympathy, feelings for others and, last but not least, also tact [discretion] arise always from the understanding for the feelings and the situation of other human beings and they are the only reliable guides for our own right actions.

Whether the unavoidable fills us with horror and anxiety or whether we can face it with inner calm and equanimity is quite decisive for our own feelings of life and therewith also for our own preparation for dying and death. How much simpler and more equanimous the life can surely be approached when we obtain clarity and certainty about its

real ultimate consequences. In the knowledge that we can only really live the life as living beings, our perspectives shift, and the fundamental values of human life such as love, friendship, understanding, feelings for others, peace and inner calm gain a fully new and more worthy-of-striving status.

As also with his other works, Billy has, with this book, created an absolute standard reference. And like his other books, this work must also find entry into the teaching materials of our schools and be used in the basic training of all human beings who have professional dealings with the elderly, the dying and the mourning. An unending amount of suffering, loneliness, hardship, unnecessary anxieties, worries and thoughtless grievances could therewith be avoided and prevented.

If we ask in a thousand years from now, who the greatest human beings were, who walked on our planet, with certainty Billy will be named as the most important among them. Neither our greatest scientists nor the most well-known philosophers were able to influence the development of the human beings of this Earth as decisively and to set such fundamental and pioneering standards as he did. If the human beings begin to study his works and implement their teachings, then they will recognise that he, with each of his words, has laid and cemented the cornerstone to the paradise of human coexistence. In the thought of the great work on the great topic of the life, I can only hope and wish that the human beings will soon recognise the value of Billy's words and begin to live according to them.

Hinterschmidrüti, 13<sup>th</sup> of December  
Bernadette Brand