A forgotten mystery… that can transform your spiritual life

In a world that moves at a relentless pace—where even faith risks becoming superficial—there are ancient truths waiting to be rediscovered. One of them is the mystery of the end of the Virgin Mary's life: her **Dormition**, her **Passing (Transit)**, and her **Assumption**.

Many Catholics know the Assumption—that glorious dogma proclaimed in 1950—but few have heard of the Dormition. And yet, this millennial tradition not only completes the mystery, but makes it more human, more accessible… and deeply transformative.

This article is not just a theological explanation. It is an invitation: to contemplate how the Mother of God died—or rather, how she "fell asleep"—and what that means for your own life… and your own death.

Dormition or Assumption? Contradiction or complement?

At first glance, it may seem like there are two different versions:

- **Dormition**: Mary dies gently, like someone falling asleep in God.
- **Assumption**: Mary is taken up into heaven, body and soul.

But here is the key: **they are not opposed, but two moments of the same mystery**.

The teaching of the Church

The dogma of the Assumption, proclaimed by Pius XII in 1950, states:

> *"The Immaculate Mother of God… was assumed body and soul into heavenly glory."*

However, it does **not explicitly define whether Mary died or not**.

This is where Tradition comes in:

- In the East (Eastern Churches), the **Dormition** is clearly affirmed.
- In the West, for centuries, it was also widely believed that Mary **did indeed pass through death**, but in a unique way.

 Therefore:
Dormition describes the "how" (a gentle death, without corruption).
Assumption describes the "what" (her glorification in body and soul).

The "Passing" of Mary: a death that is not defeat

The richest tradition speaks of the **"Passing of Mary"**: her passage from this world to the Father.

According to ancient accounts (not dogmatic, but venerated):

- The apostles were miraculously gathered around her.
- Mary did not die with suffering or corruption.
- Her soul was received by her Son, just as a child is welcomed by its mother… but now in reverse.

This detail is profoundly theological:

 Mary, who gave flesh to Christ, is now received by Him into glory.

Did the Virgin Mary die? A deeper theological answer

Here we must be precise.

1. Mary had no original sin

As the Immaculate, Mary was not subject to death as a punishment:

> *"Through one man sin entered the world, and death through sin…"*

> *(Romans 5:12)*

But then… why would she have died?

2. Mary chose to fully conform to Christ

Christ, though innocent, **accepted death** out of love.

And Mary, the perfect disciple, chose to follow Him even in this.

 She did not die out of necessity…
 She died out of **love and conformity to her Son**.

A different kind of death: without corruption, violence, or fear

Here lies what is truly revolutionary:

- It was not a tragic death.
- It was not an anguished rupture.
- It was not a defeat.

It was a **serene surrender**.

As Scripture says:

> *"Precious in the sight of the Lord is the death of His saints." (Psalm 116:15)*

The Dormition is precisely this:
death seen through grace, not fear.

The Assumption: the final destiny of redeemed humanity

The Assumption is not only a Marian privilege. It is a **prophecy about you**.

In Mary we see:

- What God intended for humanity from the beginning.
- What Christ has won through redemption.
- What we are called to become.

 We are not souls trapped in bodies.
 We are called to **total glorification: body and soul**.

Mary is the first to arrive… but not the only one.

Why have we forgotten the Dormition today?

We live in a culture that:

- Hides death
- Medicalizes it
- Fears it
- Trivializes it

Even many Christians have reduced faith to “living well”… forgetting the decisive moment: **dying well**.

The Dormition reminds us:

- Death is not the end
- It can be lived in grace
- It can be an act of love

Practical applications: how to live the mystery of the Passing today

This is where the topic stops being theory… and becomes life.

1. Preparing for a “good death”

Christian tradition has always emphasized this:

- Frequent confession
- Living in a state of grace
- Constant prayer

This is not obsession. It is wisdom.

 Because to die well… is to win eternity.

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2. Losing the fear of death

Mary’s Dormition changes the perspective:

- Death is not abandonment
- It is encounter
- It is passage

As Christ says:

> *“Whoever believes in me, though he die, yet shall he live.” (John 11:25)*

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3. Living in union with Christ like Mary

Mary could die in peace because she lived totally united to God.

The key question is not how you will die…
but **how you are living now**.

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4. Rediscovering Christian hope

In a society marked by anxiety, despair, and emptiness:

 The Assumption proclaims:
Your destiny is not nothingness. It is glory.

A forgotten spirituality… that we need to recover

Recovering the Dormition is not an archaeological whim.

It is about recovering:

- The Christian meaning of death
- Hope in eternal life
- Union with Mary as Mother in the final passage

For centuries, Christians prayed:

 "Pray for us sinners, now and at the hour of our death."

This is not just a beautiful phrase. It is a **decisive reality**.

Conclusion: How you want to die... begins today

The Dormition and the Assumption are not just dogmas to admire.

They are a call:

- To live with purpose
- To die with hope
- To trust fully in God

Mary is not only a model of purity or humility.

 She is a model of how to **finish life well**.

And ultimately, this is the great question:

Are you living today in such a way that you can "fall asleep" in God tomorrow?

Because true success is not going far...
but **reaching Heaven**.