

Dying To Live

Waking Up to the Radiant Wholeness of Being



What is Healing in the Face of Death?

What does healing mean when we have done everything possible to treat a disease but death is still imminent? And what about the fact that no matter how healthy we are, we will eventually have to face death? The answer to these very profound questions can be found in answering the question: What, exactly, is death?

Misunderstandings about death are so pervasive that they have become an integral part

of our everyday misperception of reality, affecting every aspect of our lives. Death is not the cause of fear. It is our misunderstanding and misapprehension of it that elicits fear. Clear seeing releases the heavy burden of fear revealing a more real and radiant life.

At the end of this article. I will share a meditation that will allow us to see through the illusion of death. What we call “death” is really an opportunity to let go of the root cause of fear and all the suffering it creates. It is an opportunity to directly experience our infinite nature. In the meantime, read through the different perspectives on death below, which will energetically prepare us for the meditation.

Fear of Death Is Fear of Life

Authentic healing must embrace death. What is the use of having a healthy physical body if we are in constant fear of something that is inevitable and intrinsic to life? Death is as natural an expression of Life as birth. Night and day are two aspects of the rhythm of a perfectly balanced whole. Let us embrace death so that we may live fully. Denying or avoiding it is like hiking through a beautiful wilderness and judging the decaying trees and organic matter as bad and trying to look away. We would miss the grandeur of the TOTALITY of it all. We would be anxious rather than enjoying the journey. It is like being afraid of snakes and thereby misapprehending all of the roots and vines as snakes. It is the judgment of something as bad that makes it frightening . . . and then we begin to imagine and fear it everywhere we go! Letting go of judgment, resistance and fear of death removes the source of turbulence. A peace begins to settle over our entire life like a giant gentle blanket of tranquility. This opening to Wholeness also brings a fortifying richness and joy to life.

Releasing Abundant Energy

It takes an incredible amount of energy to deny something that is true. Consider how much energy it takes to invest in the conviction that something that is inherent to life (death) is bad, and then the tremendous amount of energy required to deny, fight against and turn away from it. Do you see the irony of it all? When we try to affirm life by denying death, we end up living a deadened, shallow half-life. Letting go of our judgments and fears about death allows the fullness of our innate exuberance, genius and love to flow freely.

Exposing the Boogey Man

When we see the benefits of unifying a life divided, the next step is actually facing our programmed ideas of death. Facing and embracing death means being willing to open the closet door and seeing that the boogey man only exists in our imagination. (We will actually do this in the meditation.) Death is simply a way that we have been conditioned to view the deathless wholeness of Life. Freed from this sort of programming we see and

appreciate ALL of Life.

The Gift of Gratitude

Death is saying “Wake up!” Wake up from our robotic life of taking things for granted. Wake up and leave behind our zombieified existence. Are we fully seeing and appreciating the people in our life, the home in which we live, all of nature's gifts including the food we eat, the cup from which we drink, the mysterious fact that we are alive at all? How precious everyone and everything is when we know that these little and large gifts will never come this way again.

The Source of Clarity and Drive

Are we making the most of life? Are we fulfilling our truest and highest aspirations, or have we succumbed to our fears and social conditioning? If we died tonight, how much of our life's mission will we have completed? Make no mistake, we did have a clear purpose when we chose to incarnate in this life! Our life purpose may not be limited to something outwardly discernible. It could be about inner transformation such as overcoming fears and addictions and cultivating inner strength. In other words, unless our bucket list contains something along the lines of realizing greater Love, Joy, Freedom and Empowerment, it is probably incomplete.

Death Is Not Failure!

How could it be when it is a natural a part of Life? “Death is failure” is a deeply held belief and an assumed reality in most industrialized countries. It has infiltrated all facets of society, familial culture, modern medicine, education, science and even new age ideas of spirituality and healing. The dark side of vilifying death is that we become numb and dumb to anything beyond the physical. Modern society is obsessed with THINGS. We see ourselves as mere objects, as only physical bodies. Life then becomes completely about getting what we want physically, an obsessive attempt to control everything. Even spirituality is corrupted and used as an attempt to get what we want. Since unconditional Love and inner Joy cannot be seen in a physical way, and are not the result of external circumstances, they are completely dismissed or devalued.

Merging with the Evolutionary Intelligence of the Universe does not lead to annihilation but to the birth of a new Self that is both individual and Infinite. Now, that is hardly a failure!

Eternal Life

Wanting to live forever is an example of this obsession with a mind-made idea of life. Trying to live forever inherently defines life and oneself as just a physical object. In an

ironic twist of misapprehension of Life and death, those trying to physically live forever, such as through cryogenics, trans-humanism, genetic engineering, etc., actually makes death seem more frightening and real because they are desperately trying to uphold the illusion of a separate self. These attempts to hang on to a fixed idea of self are actually great ways to stay stuck with one's fears and attachments forever! There is no motivation to evolve. Nevertheless, one tiny human physical entity cannot stop the evolutionary flow of Consciousness.

This is not about denying the physical. It is about opening to That which gives life to the physical. Wanting to live a long and healthy life is not the same as wanting to hang onto a fixed idea of self. In fact, for optimal health one needs to let go of trying to control Life and be fully open to the free flow of its Eternal intelligence, joy and aliveness.

Ironic Reversal of the Truth

Fear of death motivates us to do self-destructive things in the name of life. We believe that creating nuclear and biological weapons will keep us safe; that fast food, GMOs and toxic chemicals will make us healthy and happy. We can probably think of many examples of how mind-made brilliant solutions actually ended up disrupting Nature's balance and ultimately resulted in negative consequences. Controlling the environment and other people makes the ego-self feel safe, but it disconnects us from the inherent unity and universality of Life.

Revealer of Truth

Death is the ultimate revealer of truth. It shows us that our inner programming determines our experience of reality, not the other way around. The Universe is flowing along as a seamless and exuberant expression of Life. Within that Whole, individual forms come and go. With which level of reality are we identified?

The Litmus Test

One comment I often hear from individuals is that they are not afraid of death but rather of only the pain of death. This is utter self-deception. If we are arguing with our spouse, finding fault, mentally or verbally attacking and judging others, afraid of world events, and placing people and events in categories of good and bad, then we are afraid of death. We are afraid of the death of our opinions and programming. The degree to which we have a need to affirm our *rightness*, is the degree to which we are afraid of death.

Death is a TOTAL letting go, a total surrender of everything we hold dear; our cherished points of view as well as our wounds. The good news is that the only thing that fears death is our programming and the only thing that ever dies is our programming. But physical death does not guarantee freedom from egoic programming. This is why there

is reincarnation. We are given opportunity after opportunity to CHOOSE to let go of our programmed judgments and open to Love. This is the purpose of human life – to choose to align with the Infinite rather than reinforce a tiny idea of who we are. Hence, you could say that the purpose of Life is death! Death of the illusory ego reveals ever-present Limitless Loving Life!

Portal to the Infinite

The Infinite is meaningless and imperceptible without the finite. For example, infinite space on its own cannot be experienced unless there is something non-infinite, such as two objects, to provide contrast. They reveal what space is. In the same way, the appearance of death gives contrast to the unending flow of Life so that we can fully appreciate and experience the stunning magnificence of it all. Death invites us to reach beyond the veil of appearances. It is a portal to our truer, eternal selves.

Due to the aforementioned contrast, at the time of death, a deathless Divine Presence is clearly palpable. But if we are fixated on only the physical, we will miss the revelation of the Unseen and therefore only experience a loss. This is entirely understandable, since we have been heavily programmed to see and value only what can be seen. When we loosen that narrow fixation we begin to perceive a deathless Life Energy or Spirit, not only in the presence of death, but gradually as the ever-present radiant wholeness of being.

In the final hours before passing away, surrounded by devotees lamenting his imminent death, the great sage Ramana Maharshi remarked: *“People say I am leaving. Where could I go? I am here.”*

Meditation



Close your eyes and focus on your breath. FEEL the air going in and out of your body. Settle your awareness in the body. It is okay to have mental images or internal chatter, but keep bringing your attention back to the physical sensation of the breath. You may also feel the aliveness in your body. Do this until you feel more settled.

Next, purposely think of death, your own death. Let those images and stories come to the surface. Do not edit or try to control this. Or, if that isn't compelling, think of something you don't want to happen or that you are afraid of. That is your version of the fear of death. For example, many of us have imagined what it would be like getting COVID-19.

Now, bring your attention back to the breath. Notice that these thoughts about death are all just imagination. The only thing actually happening now is the breath. Let even the most troubling (or beautiful) thoughts of death come up and say or notice the same thing: "These are all merely thoughts, I don't have to resist them or take them to be real. I bring my focus back to what IS Real which is breathing and aliveness."

With emotions, whether you feel anxious or peaceful, they are both made out of aliveness. For example, if you are feeling grief notice that it is made out of aliveness-energy. Don't suppress the emotion, just notice what it is made out of. Keep focusing on the aliveness and/or breathing, not on the content of thoughts or feelings. "The only thing real happening now is my breathing and aliveness." (This is a very good mantra)

Surrender your past and future and BE TOTALLY FREE NOW! How do you do that? Through your intention, say something like, "I am willing to recognize that all of the things I cherish or resent in the past, and all of the things I fear and desire in the future are all imaginations. They prevent me from experiencing the fullness of Life now. And right now only the breathing and aliveness is real."

Next, ask yourself: "Is there any end or limitation to the pure Energy/Aliveness that is happening NOW?" In other words, just notice how there is no outer boundary for the Life within. As you notice that, you may even realize that you ARE That Aliveness-Presence. That is Real Life, the Real Self.

Also, since this meditation opens you to the healing power and intelligence of the Universe, you may experience improvements in your physical health, emotional well-being and relationships.

You can sit with this as long as you want. Keep noticing that all thoughts are imaginary and that all feelings are made out of aliveness. Focus on the aliveness and not on the specific nature of the feeling. If you practice this regularly, formerly all-consuming thoughts and emotions (such as fear, anger, dread, grief and shame) will gradually become faint nagging voices in the background. One day you will notice that they are not there at all. Eventually, your self-identity will shift from an image in the head to that Infinite Aliveness, the Radiant Wholeness of Being.