

While you are alive

LIVE!

We keep on living thinking that death happens to others. It is always someone else who dies. Face to face with death or taking part in a funeral, we feel that it has nothing to do with me. But death always keeps on happening and makes big news most of the time. When important people die, we say, 'It's not me!' When thousands perish in a disaster, we console ourselves, 'I have been spared!' When an accident kills many, we say, 'I was saved! Always, the other or others.

In Christian society, every death was and is announced by ringing the church bell. Listening to its gloomy sound, people want to find out who died and ask, "For whom the bell tolls?" A poet replied for all of us when he wrote, "It tolls for thee." These four words say it all. They urge every one of us to be always prepared and ready for death. But we never are.

We keep reading news of death. News of a Pope's death becomes a global pageant. The horrifying death of a terminally ill American woman becomes a court battle until she breathes her last. Or, the horrendous suicides of young depressed or distressed persons or jilted lovers shock us constantly.

But we never prepare for our own death. The only preparation for death is to experience death - before dying. This is only possible with meditation. The art of dying is the art of meditation. Then you are really alive.

Osho says, "While you are alive, be so alive that even death when it comes cannot kill you. A really alive person transcends death. Death happens only to dead people. Let me repeat it: Death happens only to dead people; who are already dead, only to those people does death happen. A really alive person transcends death, goes beyond death. Death comes, but misses the target."

Let us not die before death. Meditate.

-Swami Kul Bhushan.