

7th Episode – The fundamentals of Life and Death

Following 6th episode of “*Understanding the significance of Chakras*”, towards Maha Kumbhabhisekam of Panching Gua Charas Jalalingeswarar Shivan temple, with good intention and thoughts for all devotees, the following write-up is prepared.

As discussed in the previous 6th episode, Quote “...*When our **chakras throughout our body is unlock**, we will be able to **evolve spiritually**, break down limitations of your mind and **expand your consciousness**”, hence it is importance for us to understand the fundamentals of life and death as these **two things are not separated**.*

As such, in this 7th episode, we will look into details and the fundamentals of life and death.

Rightly or wrongly, often most of us assume that we are immortal and death happens to others, rightly or wrongly. Often various questions raise in our minds when someone dear to us departs. The mind always seeks for knowledge obtained by reasoning, referencing or questioning.

As explained precisely by Sadhguru, there are many aspects to life, which one has to understand. There is birth, childhood, youth, and old age. There is love, tenderness, sweetness and bitterness of relationships, joy of success, fulfilment, pain, and pleasure. If we have kept our minds in a reasonable level of perception, these are all things that you can grasp.

However, the most defining aspect of life – death – is beyond the **grasp of any mind**. It is only because we are mortal that life is playing out the way it does. If we were not mortal, there would be no childhood, no youth, no old age – we can even question if there was birth.

Death is the baseline of life. If you do not understand death, you will never know life, nor can you handle life, because life and death are like inhalation and exhalation. They exist together, inseparably.

Spiritual process begins only when you are confronted with death – either your own one or that of someone who is dear to you, someone you thought you could not live without. When death is approaching or when it happens, that is when the question comes up in most people’s minds, “What is this all about? What will happen beyond this?” As long as the experience of life seems so real, you cannot believe it is all going to be over just like that.

However, once death is near, the mind will project that there must be something more. However much the mind projects, it really does not know because the mind functions only based on the data that it has already gathered. The mind has no traction with death because it has no authentic information.

There is no such thing as life and death. It is neither life nor death – it is just a **play of all these things**. The only way to know is through *pragna*. Pragna is the state of wisdom which is higher than the knowledge obtained by reasoning and inference. A whole lot of things happen without your assistance, understanding, or thoughts. Pragna is beyond thought. Pragna is that which is the very source of creation.

If you find access to that, you can cross what we think is the boundary between life and death. Actually, there is no boundary – you are living and dying right now. On the social level, in the limited experience and perception of people, someone may be here today and gone tomorrow. But in terms of life, in terms of existential process, there is no such thing as living and dying. It is all *Leela* – a play.

Wanting to know what the nature of life and death is, all kinds of things have been done. But you cannot grasp it by doing experiments or thinking about it. You can grasp it only by experience. You must experience the jeeva, the life within you. Jalaligram temple is indeed a very blessed place one can understand the nature between life and death. It is a place where each devotee can experience the phases in life.

If you only experience the body, then you will come to wrong conclusions. If your experience of life is limited to your mental and physical structures, you cannot access this dimension. Death and that

which is beyond it are not a secret that is hiding somewhere in heaven or hell – it is right here, right now.

The bitter, painful experiences of life were never, ever caused by life. They were only caused by your inability to manage your mind and your body. Life has never caused any pain or suffering to you. It is just the body and the mind.

Pragna is a dimension of perception that gives you access to life, the nature of life, and the source of life. These are not different things – these are just different names we ascribe to life. There is no source and there is no manifestation – it is all the same. There is no such thing as life and death. It is neither life nor death – it is just a play of all these things. You can play a game on it and stop it one day. Life plays up and stops, plays up and stops, but the essential life is not a certain activity, not a certain happening. It is a phenomenon that is simply there. It is the background of creation. It is the source of creation.

Shiva Shambo
Om Nama Siva Ya Om
Help Ever Hurt Never
Service to Society is Service to Almighty
Master Ir. Sivabalan - Temple Trustee
17th Jan 2020